



# REALITY IS NEGATIVE

A Collection of the Sad, Angry and Enlightened

Hello, reader. What you are about to read is a selection of posts from what I refer to as the “*Melancholy Subreddits*”. That means the particular subreddit’s content is very visceral, depressing, uncompromising, realistic and at times very upsetting. I at first wanted to make a compilation like this for myself after a post I found enlightening was deleted by it’s author. So I decided “what the hell?” Might as well share this shit with a bunch of likeminded individuals.

I decided against attaching the usernames of the post authors because I just wasn’t sure if they would want their thoughts being shared outside of those specific subreddits.

**PLEASE** feel free to download, share, and re-upload this as many times as you please. I don’t mind. I have corrected some grammar & punctuation to make reading easier.

Thanks and enjoy.

We are negative and mentally ill.

Because mentioning genocide is negative.

Mentioning famine and inequality is negative.

Mentioning bullying and childhood illness is depressive.

Mentioning war and the arms trade is negative

Talking about suicide rates? Go see a psychiatrist.

Because stating *facts* about reality is negative, depressing and you need a shrink.

Lets all talk about Unicorns flowers and rainbows.

*-Nameless*

## **Life is a repugnant and futile play, masquerading as significance.**

Everything is really just a whole lot of nothing. From galaxies, to daffodils. From nothingness we arrive and to nothingness we depart. Everything belongs to nothingness eventually. Creating a life is beating around the bush of that life's inevitable return to nothingness.

However it is more than that. It is negligent and harmful. It is constructing a temporary platform for meaningless suffering. From the religious to those acting purely on biological or sociological instinct, we are playing into illusions and delusions. Simple, selfish, and vapid acts of ego. Mechanisms to continue procreating, for continua's sake. No deeper meaning. No deeper value.

A wretched act on a crumbling stage, nothing can be gained from life. All acquisitions are rendered destroyed. Their physicality completely and utterly annihilated. Meaning itself vanishes into voids farther than the universe. Incomprehensible to the abyss. All connections disconnected. All emotional and mental passions vanquished.

Nothingness is the only truth. Nothingness is the only destination.

### **Best Response**

Hey, buddy--I find the less I try to express myself in thoughts and words, the better I feel about everything. Thought doesn't want truth as much as it wants the giddy feeling of it--it would rather convince itself that it's right about something wretched than remain with the pestering doubt that there is more to think about. Ultimately, I think thought wants to find an idea worthy of extinguishing thinking. That's why I think so many thinkers end with either God or suicide.

There is SOMETHING rather than nothing. Whenever I convince myself that I am wise and that my intuition leads me to the truth about life, I remember how absolutely bizarre it is that anything exists. Whether that's good or bad doesn't matter--what matters is that it humbles me into accepting that I don't even know the why behind the most basic of things. And then I remember I couldn't even begin to explain how computers work, or cars, or Wi-Fi signals, or ears, or any of the senses. Nothing. I use these things every day and yet I have no idea how they work. So how can I be so very certain about anything at all?

I have read and extensively studied Schopenhauer. I constantly think about all of the unnecessary suffering in the world. I don't want to ever have any children because of it.

And yet, now that *I'm* here, I might as well be here, you know? At the end of the day, whether what I do affects the world or all of ever-lasting civilization doesn't matter as much as whether what I do affects my own opinion of myself. I know the difference between, say, writing down with a great poem and composing a mediocre one. I know the difference between being really proud I said something out loud and staying quiet--or, conversely, making a fool of myself in an attempt to look smart; what burns most is the shame of having to face myself and admit I was trying to play at being much more impressive than I really am.

You say that "nothing" is our arrival point and our departure point as well--it's sort of our base home, then. Well, think about your actual home. If you leave it for a several years and come back, you will inevitably return a different person. Well, who I am when I return to nothingness matters to me. I'd rather have done something with myself than nothing at all. Why? Because I will know the difference. And if my life ends suddenly without me having time to reflect, then even living day to day, I know the difference. I know the difference between struggling to live in a manner most satisfying to my authentic self and living in a manner that is false and comfortable. Even if my life ultimately ends in suicide, it will be a richer experience knowing I strived to be the

best version of myself. Think about there being gradations of Hell: it's not all the same miserable experience; there are some Hells much better than others.

It's true that all of this seems like, "simple, selfish, and vapid acts of ego." And yet, I find it puzzling that wherever I find someone desperately striving for meaning and value, I find it: Here is the start of the final movement of Beethoven's 6th symphony. Listening to that, I can't help but think there is something worthy in living.

Conversely, wherever I find the attitude that "nothing matters" and that "everything is worthless," I sadly discover lives that do nothing but prove those points.

Sorry for rambling. As you surely must know, it is easiest to talk about things that matter the least. Those things that really matter--those most profound things that impact us the most--they are the hardest to think about and discuss.

### **The tragedy of life.**

Billions of years ago, the Earth was formed. There was nothing but silence within the scope of our early Solar System. And with time the first single-celled organisms appeared. After them came the pre-historic animals that later gave origin to primates and humans, which then procreated and developed skills that allowed them to build tools and shelters. With tools and technology advancements our species began to spread like a disease and in no time we had already explored all the land on Earth. We built cities and monuments, we chose leaders that controlled armies in wars against its own species over territory and precious material. And now, thousands of years later not much has changed. We are still egotistical wild animals competing over food and shelter, we pretend we care about each other but in reality everyone is alone in this world. Every day people are born, they are taken from the comfortable void of nonexistence to a cruel life, no matter where you are born or what the financial situation of your family is, suffering is inevitable. People know how bad the world is, this is why parents are so overprotective, this is why violence and nudity are censored, or why children watch cartoons instead of the news. They grow up in a illusion that later is destroyed when they realize how horrible this place really is and reality hits them like a train. Some become depressed, some just choose to live in ignorance but I can understand them, it's easier this way.

Our planet went from cosmic silence to utter chaos, all because of a single species that was probably created by a biological accident, from a few hundred individuals to billions, like a small spark that started a forest fire. We went from a simple life to living in a complex society that is basically a battlefield, being forced to work only to survive and to acquire superfluous material possessions, to try to make a difference that will be forgotten as soon as we're gone. Existence is painful, yet this doesn't make any difference for breeders, they become so numbed by ignorance that the real problems are forgotten, they think they are still living the illusion from where they were young and didn't have to deal with responsibilities. So they proceed to bring more souls into existence for the sole reason of joining the rat race and making the world a better place, but that's the equivalent of putting out a fire with gasoline. It's their fault for having children but at the same time it's not their fault because reproducing is hard coded into our genetics, in reality there's no one to blame but life itself. It's a problem without a solution; or rather a problem that will solve itself in a few thousands or millions of years when humanity destroys itself or our sun consumes the Earth.

### **Best Response**

Just a random observation, but I love your writing style. It's very eloquently candid. But on a more relevant note, it's true. There's a reason people make a huge distinction between the "real world" and the (inferred, but

not explicitly proclaimed) "fake world" occupied by children. I've always seen this whole process of "let's butter them up then plop them in the workforce" like some kind of scam. You go in with people showering you with love and affection because you're this cute, small novelty that spikes their Oxycontin levels, just to become someone who's another cog in the machine and who nobody cares about unless you have something to provide them with. And they laugh and joke about it as if it's some natural, obligatory part of "growing up", when really it's completely unnecessary and even detrimental to those who do not enjoy it. Like welcome to the real (shitty) world; please proceed to thank me because I raised you in it to fulfill my own existential dread. You're welcome.

## **Society Convinces You It's Your Fault When It's Not**

It has been over a month since I last posted in this subreddit. During that time I didn't read any new posts in this forum.

Sadly, I have sad news to share with you guys -- my evil sister gave birth to her baby about 4 days ago so another one bites the dust. Though today, I don't want to bring extremely negative news to you guys as I feel I'd rather post something more helpful.

So here it goes:

*Growing up, we are given the impression that whenever something negative happens in our life; it is somehow our fault*

- Fat? You are lazy and overeat... When in fact, maybe your parents didn't teach you healthy eating habits. You got bullied at school so you make food your emotional friend, which many people do including me. You don't exercise because that habit wasn't instilled in you like the thin kids when you were young.
- Not doing well in school? You are a lazy naughty child who is a shame to your parents... When in fact you are constantly bullied at school. You aren't motivated by school or doing school work. You find it literally painfully boring to be forced to go to school for 5 days of the week. You don't understand your schoolwork so you can't do well.
- Poor? You are lazy and don't take advantage of opportunities... When in fact, business/the job market is extremely competitive so it is incredibly hard to catch a big break financially (*this is the truth. Business is getting more competitive in this digital age*). You don't make enough money to be able to save up because your expenses are so high. There are no jobs available. You were given terrible career advice or no advice at all.
- Unhappy about how your life turned out? *Well you need to stop blaming your parents and take responsibility for yourself* (This is something motivational books like saying\*... When in reality the truth is you couldn't control the circumstances you were born into. Because you had limited knowledge of how the world and life worked when you were younger, you made poor decisions which have resulted in you being unhappy so your shit circumstances aren't your fault; but your parents/and society's fault because they didn't teach you any better.
- You are depressed? You are a negative person to be around and need to get a fucking life... When in reality life is really shit. You had a rough upbringing which makes it harder for you to cope with life in the present because you keep thinking about the past. You know the truth therefore you are not deluded by optimism bias.
- You don't have a girlfriend? You lack confidence... When the reality is many guys who get girls are handsome, tall, a certain race, rich and born in the right circumstances which enable them to attract a female much more easier than average guys. Also, keep in mind it is also a matter of randomly meeting

someone who will like you for you; than trying to use all sorts of gimmicks to get them to be your girlfriend. *I know there's many cases that will deem this point incorrect but you guys get my point*

- You don't have friends? You are boring... When in reality you weren't taught social skills and how to get on with people. Or you find most people don't share similar interests as you etc.

## **Life is a sham**

You just get older, if you're lucky, and then the people that raised you and care about you get sick and then die off, leaving bittersweet memories that can never be brought back, that haunt you like ghosts and follow you everywhere, heavy on your heart, and then you're next up at bat. You develop a sense of impending doom - will you be diagnosed with cancer? Sudden heart attack? Die in your sleep? You wake up every morning surprised to make it another day. Your health declines and you see the next generation making the same mistakes you and your friends made -- no one ever learns. The cycle continues, no meaning or purpose or transcendence, just loneliness and knowledge that you're going to be a rotting piece of flesh sooner rather than later like those that came before you and you'll be forgotten, just as they were. There is no catharsis gleaned from this knowledge, not anything really, just a melancholy that tugs at your consciousness when you are not busy distracting yourself with one meaningless activity or another.

## **I need a swift kick in the ass**

I spent most of my life as a clergy member. I semi-retired four years ago to open my own shop.

Today I closed the deal on selling my shop to someone else. I have lupus, and my body can no longer handle the physical strain of endless 14-hour workdays. "Retirement job", what a laugh!

Anyway, I thought I had been making progress in seeing the world clearly through an existential/antinatal viewpoint. I spent the first 55 years of my life looking for a God who never came to my aid. I gave it up, and I decided that life is just what it is -- painful, meaningless, and without purpose.

I was doing really well until I had a recent lupus flare-up and received heart damage. I was lucky enough to find a buyer for my shop while I was still recovering. The money isn't much, but at least I won't have to go in there anymore. My customers were nasty, profits were nonexistent, and I sold at a loss.

Suddenly I can't get thoughts of the fuckin' deity out of my head. I must be unbalanced from my sickness and the shock of selling the store on such short notice. I mean, I left a cup of cold coffee on the front register two weeks ago, and now I'll never see the place again. By the time I am well enough to travel (it was a lengthy daily commute on top of everything else), the shop will be running smoothly under the ownership of someone else.

Suddenly I feel like a failure again. As if there was some way to actually succeed at life (with God's help, no doubt), but nonetheless I proved my worthlessness by failing. Failing at business, failing at religion, failing at satisfying God even ONCE so that he would be there when life hurt (and it always does with this chronic illness).

I know better. I know that individuals don't matter to blind evolution, the force which really rules this planet. I know that my genetics doomed me before I gave my first cry when the obstetrician slapped my ass. I know that there never was a God to help the helpless, to care for the abused child, to help the lonely soul who gave it her all and received nothing in return.

There is no God. So get over it, dumbass!

Isn't that better than what I used to believe, that there was a loving God but I didn't deserve his love, even when I gave my life to his service?

I just want it all to be over. I will continue to be a worthless failure for every moment which I continue to live. But I have people who depend on me for care and feeding, so I must keep moving forward. My biggest mistake was to ever love ANYONE, to ever make a friend, to ever care for anybody.

I just wish I were dead. Instead, I guess I'll just keep trudging, hopeless, with no comfort to be found.

Fuck my life. And if you DO exist, God: fuck you.

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## Why are humans inherently evil?

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### 8 Answers



Michael Ericson, studied at Hogwarts School of Witchcraft and Wizardry  
Written Oct 12

None of the other people answered your question and for that I apologize. Goes to show that humans are not only evil but refuse to acknowledge it. Humans are evil because they have the power to be evil, and natural selection favors organisms that will use their power in ways that benefits them and members of their own species, not others. Tens of thousands of species have gone extinct as the result of the activities of homo sapiens. Ethics are not relative because their effects are absolute; for example, the suffering of a non-human animal is bad whether or not a human culture deems it as acceptable. Ethical relativism is a great way to justify acts that harm sentient beings, and no species harms more sentient beings than humans. Human morality is primitive and laughable because it excludes almost every life-form but humans. However, there is a true morality that would benefit living beings. Humans harm living beings far, far more than they benefit them and so violate such a morality. Humans are inherently evil and be very skeptical whenever a HUMAN tells you otherwise.

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## I had this thought today.

Does anybody else find it extremely ironic how it's pretty much always totally legal to have a child, but it's pretty much always illegal to encourage and help somebody to commit suicide? It's like society is fine with creating new people without their consent and making them prone to harm, but the act of helping a consenting adult to end their existence, which they never agreed to joining in the first place, is totally off limits. It's so backwards.

### Best Response

That's the nature of the system we find ourselves in. The great machine can't function without drones so it's in its own interest to keep as many drones alive as possible and to create a non-stop supply of new ones 24/7.



Drones to make stuff, drones to buy the stuff the other drones made. Drones to keep people in power that shouldn't be there. Drones to consume and consume all natural resources so that then more drones can create artificial resources. Drones to fight wars and so on.

Of course it's madness that life can be created by anyone without a single check. Try opening a bank account without ID see how far you get, but knock out a kid, no problem, go ahead. Part of that problem of course is how we see ourselves next to how we really are. We are nature but we have given ourselves this construct that we are a society.

Nature of course has no rules, no limits, no shame and no enforcers. Animals wanna fuck, they do, the end. You can't control that and you can't (without a HUGE effort) control the humans from doing the same. Sure you can make rules, teach ideas, but deep down we are still really for the most part just wild animals.

So you have a system that wants to perpetuate itself and armies of folk willing to do just that. Anyone who might disagree with this set up is of course labeled ill. It's a strange world; people believe lies and nonsense and yet disbelieve the proof of science. They never think beyond what they want in the next ten minutes. They think they are immortal because they have been alive a few years/decades. They follow the herd rather than stand alone. They copy what they see. They crave stuff they don't really want or need to fill perceived ideas and so on and so on.

Life is a very odd thing really, all life, it seems to have exactly zero purpose beyond just repeating itself because it can.

*"I've been cursed with a life not worth living, and an iron will to survive!!!"*

*-- Kilmore Trout*

## **Why don't you just commit suicide if life is so bad?**

I'm not sure if Benatar mentioned this in his book, but I think it's an important idea to address.

Whenever I discuss anti-natalism with pro-natalist individuals, one of the most common responses I hear is something along the lines of "if you find life to be that bad, why don't you just commit suicide?"

Now, on the surface, this may appear like a valid statement. It's true that one can opt-out of life by committing suicide and instantly ending their existence.

But what I find extremely flawed and frankly degrading about this statement is how it reduces the act of suicide to something ordinary and menial.

It's important to understand that the act of suicide is something of a horror show, a gory and morbid experience if you will, and that the human body is inherently biologically wired to cling to life, even if the circumstances of life are so painful that they're not worth enduring.

To use an analogy, imagine a rapist who kidnaps a victim and keeps her trapped in a room on the top floor of a condo. The rapist tortures the victim, rapes her, instills fear in her, and causes her unimaginable suffering. The victim has only one way of ever escaping and that is committing suicide by jumping out of the window when

the rapist isn't around. Even in such a situation, the victim is biologically wired to feel afraid and terrified of committing suicide. The victim clearly craves to die so that the unimaginable suffering will end, but the act of committing suicide still causes them to feel immense fear and resistance.

It's important to understand that even though a person is completely hopeless, has no desire to live, and simply wants to end it all, suicide is still an extremely difficult act to commit.

Leaving the game of life isn't like getting up and walking out of a bar. Suicide requires immense mental fortitude and to most, it's not even a realistic option because of their biological wiring, despite knives, Tylenol, and trains being available everywhere.

I just think the statement "why don't you commit suicide if life is so bad" is very, very degrading at its core. It makes the assumption that suicide is something easy that every unhappy individual can do, no different from ordering a cup of coffee or taking a shower.

## **Anyone want to die because of working?**

Anyone want to die because of working? I've always hated having a job, just because society expects it of you. I'm a NEET that loves the NEET lifestyle and my parents keep pressuring me about getting a job. My suicidal thoughts go into overdrive when i have a job and my parents just don't get it. I don't need a job because i don't need/want to buy anything. Why does this lifestyle come with so much judgment? Who the fuck cares if people decide to opt of the wage slave culture?!

### **Best Responses**

1. Working is the whole reason I got suicidal in the first place. Everyone seems absolutely obsessed with working as hard as possible to increment numbers on a bank's computer while proving their worth, but I don't care for this shit-brained materialist way of living. It's like they've all been mind controlled into being good, productive, unthinking slaves, ready to attack anyone who speaks against capitalism or who does not contribute to GDP. Much of the money goes towards tax, debt repayments and over-inflated bills, so basically the banks and government. Such a pointless way of spending our time here.

2. For me it's that the pain of working doesn't even come close to be worth the paycheck. Even with a fair bit of savings I have nothing to spend it on as nothing makes me happy. I'm just dead inside. I quit my job months ago and I'm only slightly less miserable than compared to completely misery when I was working. If I could enjoy life like a normal person I might be able to hold a job again but if nothing improves I'm ending it.

## **Blaming natalists doesn't make much sense**

I'm prepared for the shower of down votes for this. Any suggestion or idea that differs from the status quo immediately invokes contempt. It's probably a subconscious action. But anyhow, there is a strong trend on here of bashing and blaming parents and natalists for their actions and worldviews, calling them idiots and other inflammatory terms. This seems to suggest a very strong rejection here of what is generally understood by now at the most basic level of psychological research regarding the basic principles of human behavior. You don't even have to wholeheartedly accept the notion of determinism or lack of free will in daily experience to understand the fact that we are ENTIRELY shaped by our environment and genetics. Every thought, action,

desire, outlook and perception regarding our lives is completely brought upon by causal factors related to our upbringing/social environment we find ourselves in and our biological makeup. Small dents in the long stream of events that happen in each of our lives can cause tremendous variances in how we would behave otherwise had these dents not occurred. This is to say that our own acceptance of antinatalist ideas is more or less a product of determinism, chance, or some other causal factor of which we could not possibly have had any hand in creating, which thus inevitably lead us to this subreddit. Likewise, the acceptance of natalist ideas falls into the same line of thought.

Consider this for a moment. I think we would generally agree that many, but not all, here suffer from some sense of depressive related symptoms, or just generally most here have a less than cheerful disposition. Just consider for a moment who you would be and how you would view the world if your brain construed the world much more positively, if as the research suggests, your brain produced the proper dosage of serotonin and norepinephrine. Or perhaps, you had a different upbringing or some other phenomena changed your perception of the world from the one you have now. What are the possibilities of you ever even considering that producing children was perhaps morally reprehensible? You simply wouldn't. You couldn't. The tide of events, social conditioning, and neural activity in your brain never would have led you to.

I say all of this just to point out that there is no real room for blame or for pride or perhaps self-admiration for finding oneself so morally "enlightened". You could just as easily have been what you find so detestable in the natalist, and they could just as easily have been you. It just doesn't make sense to condemn or attack people for their worldviews when, given the events in their lives and the conditioning they've received, they could not possibly have been any way other than what they are.

Note: This certainly isn't to say that some worldviews are not inherently more wrong than others. But, the worldview should be disdained, not the one who by happenstance found the worldview imposed upon them. And yes, I realize I don't know how to format properly on reddit, so this is just a big block of text.

Alright, I'm tired as always, and I just want to space out now.

### *Best Response*

Your argument could be applied to rape and murder as well couldn't it? If you were born with the mental abnormalities that a rapist or murder has, and their upbringing, then you would go on to rape and murder too. So you can't blame them? But they are blamed because they carried out the action. Nazis in Germany were blamed but had that not been born the place and time that they were, they would not have done the things they did. Mainly the more awful scientists and camp leaders. By your philosophy, no one could be blamed because they were shaped by their environment, and genetic gamble. Which I'm not even really saying is wrong. Free will doesn't exist, so our justice system should really be reformed so as to focus on rehabilitation. But it just seems like something that needs to be addressed if you're going to be applying it to Natalists but not mention those others. But in practice, I'm not the type to randomly call my parents out on creating me unless there was a specific reason to. There's nothing good it would do now. Same with anyone who just had a child. It would just serve to spread more suffering. Raising awareness to those who haven't bred yet is what's important though.

Edit: and pedophilia might be a better example than rape or murder. A lot of people find themselves with those urges and having to deal with them. Even for those who wouldn't act on it, there isn't much support.

## **I hate how so many people fucking lie in life, but being honest fucks you over most of the time**

People are hardly ever honest, but why? It's because being honest isn't good. Most of the time being honest just fucks you. Whoever said honesty is the best policy is probably a lying sack of shit.

### **Best Responses**

1. Yeah, basically if you are honest all the time, you will end up homeless. If you bullshit all the time, you will end up with at least a decent job unless you really suck at bullshitting and get caught all the time. Honesty is the best policy if you want to create an ideal world. But not the best policy to survive and thrive in this fucked up world.
2. Yep. Society is built on lies. Lies about God, the value of money, national borders, free will. Humans probably wouldn't be able to function without lies.
3. The truth can be very powerful. It certainly has its uses...but yes, you have to be very careful how and when to use it among most members of our disgusting species.

## **Don't suffer out loud.**

If someone is dying of cancer or has a severe disability etc. the stories are often presented with the victim being brave and positive and stoical. They might be photographed in a pretty hospice garden.

I haven't seen coverage of a tragedy or personal hardship where the person is allowed to scream and say "This isn't fair" or "I hate life" or "Why did this happen to me?" etc.

Suffering is manipulated and sanitized or salaciously exploited for news ratings.

Assisted suicide is put in a positive light as someone being liberated and gently dying, but the reason people have to opt for assisted suicide is because of unbearable suffering. (If I have to kill myself it won't be liberating)

But the reality is that some suffering is terrible like burning to death in the recent fire disasters or a long slow, debilitating illness. It is not character building or a moral example and so on.

Some people say life is great but how much real suffering are they exposing themselves to? If someone says suffering is character building they should have to spend a week strapped into a wheel chair unable to move with a nail in their back so that they can then get back to us and tell us whether chronic pain and paralysis built their character.

## **Anyone here try to visualize themselves dead or imagine the world "next week" or whenever with them gone?**

I often try to imagine myself lying on my bed, recently dead. I try to imagine how peaceful that would be. I try to see myself lying on the bed, cold and dead but in peace. Am using it as a tool to remember what I'm aiming for. Funny, all those positive thinkers advise visualizing what you want but I'm doing it for my death. I don't like to think about them taking me away and putting me in a body bag, being held by humans when I'm

misanthropic, so I only imagine myself lying dead on my bed and looking peaceful and like I'm finally getting a sleep that I have long been deprived of. I also sometimes randomly tell myself "imagine if you weren't here next week", or "think about it, you could be gone tomorrow", "you would never have to suffer ever again after tomorrow!" "You will never have to look in the mirror ever again after tomorrow!"

I use these thoughts as well to try and help push me towards doing it. I really do want to die, I know it's for my best, the way putting down a suffering and incurable animal is for its best.

I know that every additional day I'm alive is another day of loss, another day lost to sadness and pain and seeing the world pass me by. I know I don't belong here anymore. So it's just a matter of doing it.

It would be great to end this sad story, to give the sad story a sad ending and be done with it once and for all instead of having to live this sad story every day.

### *Best Response*

Oh yes, I long ago worked out what would happen after I'm gone. My place would be broken in to when the bills stop being paid. After that when they find whatever is left of my body (depends how long the bills guys come after you) I will be packed off on a cheap funeral and then the real fun would begin. The council or any long lost distant relative but not really a relative would come in and start going through my stuff. A lot of it would be junked on skips, books, vids, cds and so on. The stuff that would raise cash would be sold off then the whole place would be more or less demolished ready to get it updated for the trendy young buyers of this modern age who demand only the best. Plus the people who follow me would want to get it on the market and make dem big bucks ASAP.

The garden I spent decades working on would be butchered in a single day. Workers would spend at least 6 solid months pulling the place down to the bricks, every room, every floor. Walls would be knocked down, floorboards pulled up, light fittings pulled out. Oh yes the place will be a palace when I'm gone, too bad I won't be around to see it really, but I have never had any illusions, I've seen it all too many times with others.

The greedy bastards can't wait to get their hands on the loot, spend so and so doing it up then whack on an extra so and so on the asking price when it goes to market. I really should burn it all down before then you know. It's the only way to beat em.

Me? Oh I'll just be found dead in a chair unless I peg out when I'm out of course, and then I'll just be carted off to the freezer or the meat wagon as some call it. That's where we all end up, the meat locker, pretty damn silly. But yes folks will have a field day when I'm gone, hell it might even make the papers. A lifetime added up to just being another mess someone else has to clear up. No wonder they don't teach that in schools.

We are all ghosts walking on the echoes of those that came before us and nowhere is that more clear than when it comes to property. How many people came before me in my place? And how many more will come after?

It's the folly of getting attached to things, people, places, it all burns away and sooner rather than later in almost all cases. If I was starting again I'd never get caught up with any of it. Rent an apartment like the French do or stay in a hotel full time, own nothing, crave nothing, worship nothing, and chase nothing.

A long time ago I should have started walking and kept walking, I didn't and that was my greatest mistake. But then again if one thing doesn't get you something else will. At the end of the day life makes fools of us all.

## **Do you believe that life has any inherent meaning?**

### **Best Response**

Life is already fit to its own purpose. Everything about life points to it creating suffering. The meaning of life is to suffer and create suffering. It is what all life has evolved to do. The very mechanism through which all life continues is based on the necessity of creating suffering. We as humans are considered the most evolved creature on the planet and no other creature creates suffering and experiences it to the depths that we do. We are emblematic of the meaning of life.

## **The Suicide Farce.**

The reason we carry on living is because suicide isn't easy. People might ask "If you are an antinatalist why are you doing X, Y and Z why don't you kill yourself? But we are involved in a farce. Living is an act of desperate survival to avoid discomfort due to feelings like pain, thirst and hunger. Civilization is a veneer. You have to play a role and carry on through gritted teeth not disclosing the fact you are here by force and not endorsing it. So essentially people are saying "If you don't kill yourself you endorse this" "You are one of us" All the while I feel like I'm surrounded by aliens or zombies doing inexplicable things.

### **Best Response**

If there were suddenly an instant/painless button/gland that would allow someone to permanently leave existence most ppl wouldn't wake-up in the morning and the rest wouldn't make it to bed that following night! It is all dishonesty. Their whole premise is based on the fact you pointed out: "The reason we carry on living is because suicide isn't easy." If this button/gland suddenly became manifest they would then give themselves the permission to contemplate the advantages of non-existence over existence without the fear of this contemplation making them "want to kill themselves", since the only reason ppl fear ugly truths is that they suspect that it'll make them sink into despair, or at least depression, which would make the life that they can't easily leave suck. Everyone is truly "Game-facing".

## **The world runs...**

"The world runs," Lowell said, "on the fuel of this endless, fathomless misery. People know it, but they don't mind what they don't see. Make them look and they mind, but you're the one they hate, because you're the one that made them look." - *Karen Joy Fowler, We Are All Completely Beside Ourselves*

### **Best Response**

I can relate to that. When I try to talk about the bad things that happen in the world, people often try to avoid it and I can see how uncomfortable they get. Most people close their ears and try to get numb.

## **Pro-lifers are some of the most hypocritical, uneducated and unenlightened individuals on the entire planet. Prove me wrong.**

If there's any group of people in this world that I cannot fucking stand. In all of the groups of unenlightened, uneducated, insane people in this world, it absolutely has to be pro-lifers.

I cannot understand why pro-lifers fetishize the birth of someone else's child so intensely. Why would they concern themselves so greatly with whether or not someone wants to have a child? It's like their entire philosophy revolves around getting to the point that a child is born being the ultimate ideal, and nothing else. Pro-lifers can't seem to wrap their head around the fact that someone who gets pregnant may not WANT to deal with taking care of a child, or that a child might grow up in a horrible situation, or that a woman might be impregnated by a rapist.

Alright, so let's follow the lead of pro-lifers. So, you're born, now what? Pro-lifers aren't there anymore for you once you're born. Oh yeah, they'll care about making sure that you're born; once that's over with, they don't give a fuck. Once you're born, once you exist, you're thrown into the fucking meat-grinder that is life. Got a born into a disadvantaged situation with shitty parents, a shitty life, an injury? Tough. People will insult you and belittle you for relying on welfare. People will shit all over you for looking for hand-outs because your life is shitty. People will insult you for your race, ethnicity, your looks, your weight, your height, your socioeconomic status, your mental health. EVERYTHING. Where is the support then?

Maybe you'll become a statistic, one of the 17+ million children in the world that have no parents. Where are the pro-lifers then? Maybe you'll become one of the 30 million slaves in the world, 80% of which are sex slaves. Where are the pro-lifers there? Maybe you're stuck working at FOXCONN where they literally had to install nets to prevent people from killing themselves. People killing themselves because of how shitty their lives are, where are the pro-lifers then? Maybe being forcibly born to parents who don't really want to be parents ISN'T the brightest fucking idea. Maybe you shouldn't force people who don't want to be parents to BECOME parents. Maybe some people simply don't want to have children, ever think of that? Additionally, the fucking retarded idea of "oh, you shouldn't have been having sex then, you should have been more careful" is such a fucking logical fallacy. You might as-well not fucking fix peoples' broken bones then when they play sports, right? They shouldn't of been playing sports then (something that is enjoyable for them), you should have been more careful. Fuck yourselves.

Oh yeah, life is so precious. If life is SO FUCKING PRECIOUS that you have to extend the long arm of the law to support the creation of life by all fucking means necessary; please, tell me: Why do you send people off to war where they will die? Why do you condemn people to a life of drudgery and wage-slavery? If you believe that life is so precious, then why do you eat meat? You're automatically a hypocrite as a pro-lifer if you eat meat. You're supporting the enslavement and genocide of animals all so you can momentarily enjoy the fleeting taste of a morsel of flesh dancing upon your taste buds. The treatment of animals is worse than any genocide in the history of humanity. Where's the pro-life for those animals?

## **The Awfulness of Work: One Reason for Antinatalism**

Though I am Antinatalist for many reasons, one of my biggest objections to life is the inherent crushing tragedy that is work.

People like to claim that work is "only" eight hours a day, but this is far from the truth. You have to commute. You have to prepare for work. You don't get paid for lunch. Added together, this makes work closer to 12 hours a day than eight.

Further, not all hours of the day are created equal. You only have so much creative energy in one day, and you'll be using that precious creative insight to make someone else wealthy. When you get home from work in the evening, you're so mentally exhausted that embarking on some creative project, like writing a novel is useless. And so you are left to wasting the rest of your evening consuming mindless entertainment.

Work fractures your schedule. If you're lucky, you'll get a treasured two weeks of vacation that you can use to waste your money sitting in a crowded airplane and catching the flu in the vain hope it will fill that empty, gaping hole caused by the shittyness of the other 50 weeks. If you're unlucky, you get no vacation and can look forward to working on the holidays.

No one enjoys their job. The myth of "follow your passion" is just that: a myth. At the very best, you'll find a job you don't completely hate. You waste years of your life at school, years of your life repaying debt, all to be rewarded with a job that, at best, you tolerate.

Don't you dare hope for more. What are you, some kind of lazy moocher? We all have to work. Wake up; go to work, sleep, repeat. Your childhood dreams of being an artist? A musician? A writer? The economy doesn't have time for that shit. You have a "good" job. Go back to your cubicle and stop complaining—you could be working somewhere worse.

When someone has a baby, they're condemning the child to a future as a wage slave.

### Best Response

What really bothers me is the power employers hold over employees. It's always out of balance. Employers know very well people are desperate for work, they know people will put up with a lot. So they treat you poorly. Because they can.

As a society, we really have to stop fetishizing "the job creators". We treat them like gods for creating jobs ex nihilo, and we worship them. All they are is lucky. The universe put them in the right place at the right time.

Now what if you don't want to work? Society will not approve of you. Society will judge you hard. People will point the finger at you and say that you should "suffer the consequences" for not working. Well I say that nobody deserves to suffer. Period.

### **Depression is a completely rational response for anyone who tries to face reality without delusion. Therefore, we cannot be cured [Rant]**

One need only read through Schopenhauer's essay *The Emptiness of Existence* to see that life sucks and that this conclusion is both rational and defensible.

The Emptiness of Existence -- Arthur Schopenhauer:

<https://ebooks.adelaide.edu.au/s/schopenhauer/arthur/essays/chapter4.html>

There is no *help* for us because we're not wrong. Everyone else is wrong. In fact, we are far more rational than the overwhelming majority of people who are either not conscious and just oblivious to how shitty their lives really are or adopt lies and **delusion** in order to cope (I'm looking at you religion). Life sucks. At the very least, life sucks for the vast and overwhelming majority of us. None of us would be here if our parents had had the sense to see reality as it truly appears to be and the empathy to not bring us into this cruel existence. I hate being



here. Schopenhauer is absolutely right. I'm miserable. My life has been punctuated by loss, misery, and failure. Perhaps more than any of those just getting screwed over constantly again and again and again because you know what? That's just how life is. And you know what else? No, it's probably not going to get better. And is there understanding for those of us who understand reality as it truly appears to be? No. People look down on us. They call us weak. They tell us we romanticize. They tell us we're lazy. They tell us to just "go do something" or that our generation just doesn't understand hard work (my mother being one such person).

Fuck these people. Fuck them and their stupid bullshit.

They are the weak ones. They are the stupid ones. They are the irrational ones clinging to delusion and lies to cope with their pitiful existence. How dare they criticize me when their heads are so full of nonsense. They're selfish delusional hypocrites.

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Of course I want to be happy. I want to have a good life. I want to have friends and people I care for and respect who care for and respect me. I want a life partner who looks up to me and is proud to be by my side and who I feel the same for. I want a job I'm good at that provides enough where I don't have to work and be miserable all the time. I want a perfect world free from human hypocrisy, selfishness, and delusion where everyone's needs are met and where we don't have to die painful deaths. Most of the things I want are unlikely and some are impossible. I want reality to be something it's not and will never be.

I suffer because I want things that I will never have -- that are impossible for me to have.

I would much prefer I had never been born.

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I'd like to say thank you to you guys. I know not all of you are depressed and beyond hope like me, but what you're doing may prevent more like me from coming into existence.

I wish everyone could see what you guys do.

Anyway, thanks for listening to my rant. No one in my family will. They just get angry and insult me -- tell me it's my fault and that I'm wrong.

Have a good one team.

### *Best Response*

"You are wrong, life doesn't suck, it is only neutral," I disagree. What's there that doesn't suck about the human body that depreciates with every passing moment, reaching a literal rotten state if the human lives long enough. What's not sucky about nature's power to flip a person's life inside out in an instant without a warning, not giving a damn about that person's good fortune/happiness? People could find whatever gives them meaning or purpose, but at the end of the day, they still grieve lost loved ones and feel the pain of sickness till the last ailment pulls them to oblivion, yes, delusion and other stoic lifestyle choices could lessen the sting, but when reality bites, no deception could hide the pain.

## The games we play to ignore the ticking clock

My day-to-day observations have been convincing me that the main reason humans act the way they do is to stave off the feeling of existential anxiety. Everything we do boils down to the act of distracting ourselves from the overwhelming suggestion that our lives have no objective purpose and that there is quite literally nothing for us after bodily death.

So we invent games that, when you think about it, seem a lot like the games most children fantasize about.

- Talking about your imaginary friend? Sounds like religion.
- Assigning some arbitrary value to a material of choice and establishing rules about the use and collection of this material (ex. I certainly know kids who did this with oddly-shaped rocks, pinecones, etc.)? Sounds like business & politics.
- Playing a sport with a team in order to show whose group is the strongest/fastest/most enduring/etc.? Sounds like war.

Thing is, everything comes at a cost. And in the pursuit of playing these games, we inevitably destroy other things and ourselves. But we don't seem to care about that, because anything is better than the dread of existential anxiety. So we go on with the games.

And tomorrow, and tomorrow, and tomorrow...

What hurts me too is the knowledge that, sooner or later after submitting this, I'm going to get distracted [with these life games] as well, just like I was a week ago. And then, maybe in another few weeks I'll snap out of it again and realize I'm just playing games.

*"I became insane, with long intervals of horrible sanity."*

And during these moments of depressive "sanity", I can't tell whether I should remain angry at mankind or whether I should pity everyone (myself included) for having this...curse (I really don't know what better word describes this).

*TMT (Terror Management Theory) is derived from anthropologist Ernest Becker's 1973 Pulitzer Prize-winning work of nonfiction *The Denial of Death*, in which Becker argues most human action is taken to ignore or avoid the inevitability of death. The terror of absolute annihilation creates such a profound – albeit subconscious – anxiety in people that they spend their lives attempting to make sense of it. On large scales, societies build symbols: laws, religious meaning systems, cultures, and belief systems to explain the significance of life, define what makes certain characteristics, skills, and talents extraordinary, reward others whom they find exemplify certain attributes, and punish or kill others who do not adhere to their cultural worldview.*

## **Delusional Justifications**

I notice an interesting psychological phenomenon amongst pro-natalist individuals that I have absolutely no explanation for.

There is this deeply rooted ideology in our society that human life is always inherently worth living, no matter the circumstances. The only instance when we abandon this ideology is when an individual is extremely old and dying from a horrible disease- only in rare instances like this do we allow for the use of euthanasia but even these practices are restricted to only a few select countries.

Now, I myself am not suicidal but I find it extremely interesting how stigmatized suicide is in almost every western/European culture.

I truly believe that the vastly accepted idea that human life is always worth living is a very flawed and illogical belief to hold. This ideology is based on the firm idea of "hope". It seems to me that the average person operates on the simple logical axiom that their life, or rather any human life, must and should be meaningful and full of purpose. For a person like this, even the slightest idea that their own life might be devoid of any purpose and meaning is terrifying because it creates such an uncomfortable feeling of cognitive dissonance. So they hold onto this ideology and protect it.

One of the most effective ways for people to keep defending this ideology is through believing in hope. Has anybody else noticed how the pro-natalist view is always exclusively one-sided? If somebody commits suicide, a pro-natalist will always consider the suicide to be a tragedy because they will use hope to re-affirm their delusional ideology that this person's life would have gotten better had they not killed themselves. The thought that perhaps this individual's decision to commit suicide was actually a good choice because they may have potentially avoided horrific harms in the future will be disregarded instantaneously by a pro-natalist.

A typical pro-natalist's attitude towards life can be summed up as the following- "no matter how bad life gets, it will ALWAYS be worth living and it will always eventually get better- in fact, life will get so good that all the pain one will have experienced will have been worth it for the future pleasure". This is really the basis of hope.

Now, I have said this before, I am a detached anti-natalist. I am not an anti-natalist activist- I do not try to convert people to anti-natalism because I realize that 1) my efforts are completely futile and 2) I will not be the one suffering when people pro-create so I really don't care. But I find it interesting how truly destructive this hopeful pro-natalist attitude is.

It seems to me that no matter how bad, painful, and destructive the world is, a pro-natalist's top priority will always be to reaffirm their ideology that life is worth living. Furthermore, to a lot of pro-natalists, the idea of child-birth represents hope which further strengthens their ideology. The irony of this is almost hilarious to me at this point, like a dark joke. I imagine a couple in Vietnam during the war. They are living in fear, they have Agent Orange in their DNA, they are starving and have limited access to clean water, they have seen horrific brutalities, they have experienced immense physical and emotional pain, and so forth. But like a stubborn child who just CANNOT share his toy with somebody else for a second, they can't let go of their delusional ideology that life is worth living. No matter how bad things get, nothing seems more dreadful to them than accepting, or even recognizing, the idea that their lives are meaninglessly painful. The couple's top priority is to find some meaning in their lives, they seek and lust after meaning like a dope fiend searches for heroin, and what better way for them to achieve a sense of meaning than to have a child? Children are a tool for parents to instantly feel as though they have some sort of higher purpose in life. The Vietnamese couple has a child who is born deformed because of the mutagenic effect of Agent Orange. And this child's birth is celebrated as though it represents the epitome of hope and joy, when in reality, it represents the exact opposite. This doesn't even make

me angry or upset anymore- I cannot come up with any explanation for phenomena like this other than that the Universe is run by some sick maniac with a very dark sense of ironic humor.

I don't even watch TV shows but my mom was watching the walking dead and there was this scene where somebody in the crew had a baby and they all celebrated it. The birth of the baby was meant to be seen as a sign of hope. Now, in this TV show, the world is infested by zombies who brutally maim and kill people and it's full of merciless gangs who only care about maximizing their own resources. Every moment, these characters live in fear of being eaten alive by zombies, being harmed by rival gangs, running out of resources and so forth. They are in a constant state of brutal survival. Now, even though this is a fictional TV show and none of it is real, the fact that the baby's birth amidst the brutal, gory chaos is seen as a miracle is significant to note as it truly represents how pro-natalists see the world. To me, such a world-view is scary. I simply cannot grasp how other people don't understand the simple fact that bringing a child into a world where it may be eaten alive by zombies, raped by rival gangs, left alone and lost, forced to starve and so forth is a despicable act. But hope is the narcotic of anti-natalists and just as a junkie will do everything in his power to get his fix, a pro-natalist will similarly justify hope at all costs. Scary.

### *Best Response*

It is often misrepresented to people in the story of Pandora's Box. The story itself makes it clear that Pandora's Box was filled with all of the evils of the world. Which were then released upon the world when Pandora opened the box. Yet somehow they make some odd distinction between everything else that came from the box, and hope. As though hope didn't belong in the box with all of the other evils but was just inexplicitly in there. When the reason for its inclusion is plainly obvious.

### **People tell each other all the time that human life is priceless but it's not**

Ask anyone if they think we should kill one person if it saved hundreds, or millions, or even just 5 other people and the person will always say "yes".

When people kill their families when they kill themselves everyone says "why didn't they just kill themselves?" however had this person asked those same people whether they ought to kill themselves everyone of those same people would say "no, never kill yourself, NEVER!" And if this fictional person kills their family the people say "well if you really wanted to die why don't you just kill yourself?"

So people like to tell each other that human life is priceless but it is a lie. Also, look at how people are effectively slaves for others, how they sign their life away to a job just for money, they sell their own lives to others but still to call life priceless. If life was priceless why would you sell yours so easily?

It's funny how people criticize prostitutes for selling themselves when someone who works a job they hate is also selling themselves.

Why is selling your brain classed as more respectable than selling your vagina? They are both just body parts. And many people kill others for money. Life isn't priceless. But when you want to die everyone tells you it is.

Why are you supposed to wait till life becomes understandably bad to others, when is life bad enough, do you have to wait till you're a paraplegic or blind or till you've lost all your money and ruined your future irreparably? Why should you be made to experience that before you end life if that is what you want? Isn't it better to die whilst there is still a possibility of things improving, whilst you still have some hope? To die feeling ok rather than destroyed?

Life isn't priceless. This is why when armies kill innocent families by dropping bombs in war to get at their enemies, the dead humans are just "collateral damage", the death of families who live near the bad guy have been considered worth destroying in order to kill someone else.

If I had a contagious disease which could wipe out all human life and it was the most potent and dangerous type ever seen and I refused to be treated, all humans would consider it their duty to shoot me down like a rabid dog.

Life is not priceless.

Look at how many organisms there are on this planet, most with very low intelligence but still manage to survive.

## **Some Dreadful Implications**

So, I had a thought one day: There are around 40 to 50 millions of people who die every year from old age related reasons. No tragedy here, an average person would say, that's how it must be! That's natural, bla-bla-bla. However, should the same-ish amount of people die in an event of world war, as it has happened twice already, this would be considered a horrible, horrendous tragedy. If 20 kids get killed in the school, it's a nation-wide tragedy, if they grow old and die of cancer or heart attack - not at all. Do you see the pattern? A tragedy is not the fact that someone has died, but the fact that this someone has died **IN THE WRONG WAY!**

Bone-chilling, eh?

## **Evil Will Always Triumph Over Good.**

Our whole lives we were raised to believe that good always triumphs over evil. In my opinion, this delusional ideology is what is responsible for the dangerous optimism bias that most people hold. People feel as though optimism is an ethically just attitude to have in life. You constantly hear quotes like "things will get better", "just think positively", "everything will work out in the end", etc.

This ideology creates a false sense of comfort for many individuals but is albeit very harmful and destructive. The reason why earth will always be an inherently bad place is because the magnitude of harmful events will always be exponentially greater than the magnitude of good events. Many people are under the false illusion that tragic events like cancer, war, famine, etc. will simply balance out with positive events like love, celebration, and music. Some even believe that love, music, art, etc. are so valuable and precious that their existence is still worth it in the face of all the earthly horrors.

A person who rapes and tortures another human being but spends the rest of his life donating money to the poor and volunteering is still a horrible human being. The fanciest, finest steak in the whole world is still a shitty steak if a tiny bit of dog shit is smeared over it. Earth has never been a pleasant place. It is filled with gore, horror, and violence. No amount of love, art, music, or beauty will ever make it ethically justifiable to bring someone into such a planet.

But alas, the majority of people will never see this. All I can do is post on this sub-reddit and share my opinion but because anti-natalism is such an esoteric philosophy, it will be rejected by almost everybody.

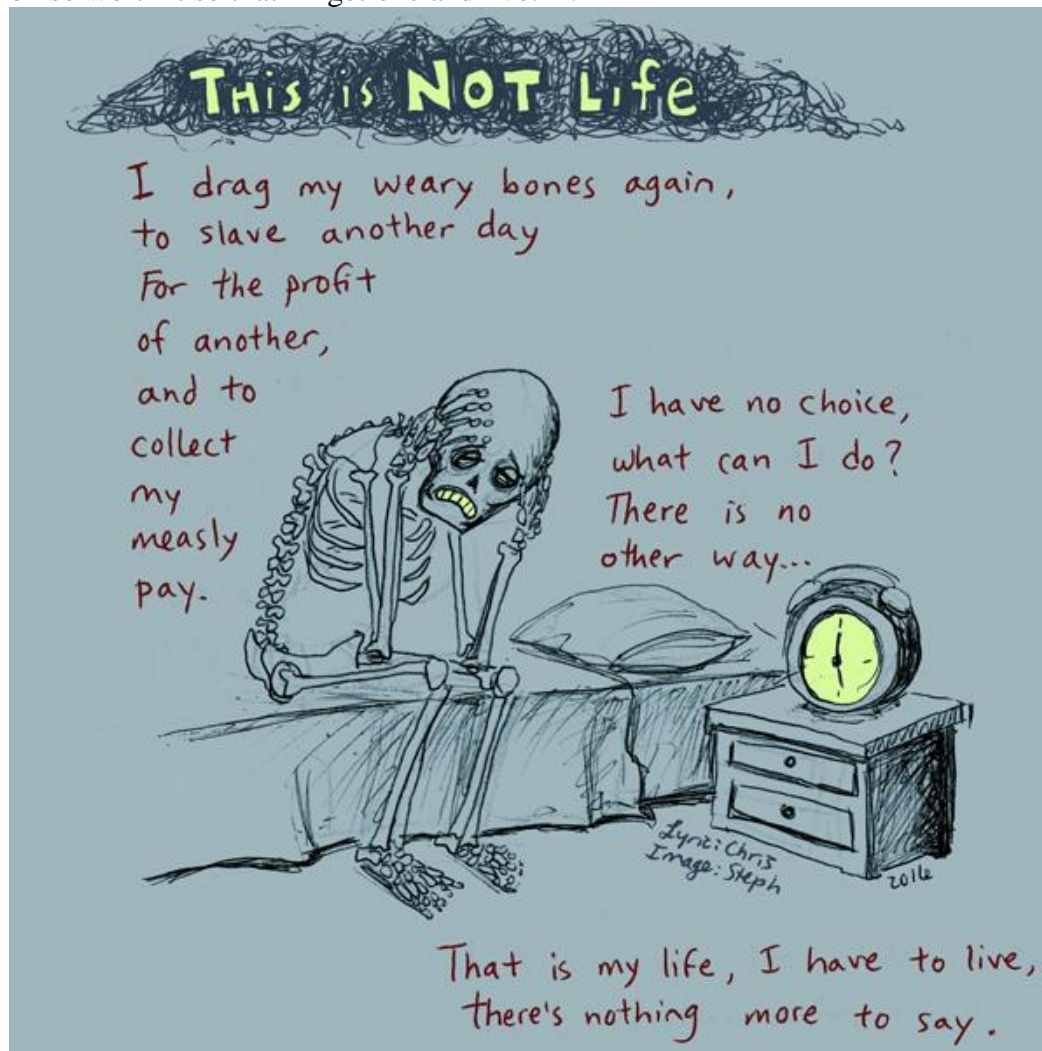
So all I do now is watch the horrors of this world slowly unfold. I'm a detached anti-natalist, I truly don't care if other people pro-create because I have absolutely no power in swaying other people's decisions in the matter. Whenever something tragic, horrific, and painful happens to an innocent person, be it cancer, mental health

problems, rape, etc, I will simply think to myself "this horror could have been avoided if people just examined the implications of pro-creation more deeply."

But people will continue being delusional, optimistic and continue breeding. I have absolutely no sympathy towards parents who complain and cry about tragedies like their child having cancer.

### **Most people don't enjoy working.**

I just have to throw this out there. To me, from what I have observed, most people dread going to work and just live for the weekend. My family will claim that they love their jobs and that working isn't that bad, yet will say, "Ugh, I have to go to work tomorrow." "I don't wanna get up for work." "I'm so glad the day is finally over." "Thank God it's almost Friday..." And the list goes on. This is so much of our population it makes me laugh. Very few people actually enjoy working. If people didn't have to work to survive and do what they *actually* enjoy, I can bet you they wouldn't. The only reason I will be getting a job soon as a 16 year old is because I have to and want to buy my own stuff without having to ask and feeling guilty. Working makes you a wage slave. People won't admit it, but they live and work for the weekend. Monday then hits and they start the process all over again. People won't tell me this though because they want me to think that life is so great and oh so worth it so that I'll get one and live. K.



## **Children make me sad.**

Have you ever had a total stranger young child wave at you, smile, and/or eagerly say 'hi' to you somewhere? Experiencing this makes me so sad. The child's innocence is still intact. This is perhaps the purest and best form a human being will ever be, as it only goes downhill from there into the drudgery of adulthood. That same sweet and engaging child won't even look you in the eye 20 years later, as the world will have taken its toll in one way or another. The world always wrecks everyone, and changes us for the worst. Take a hundred smiling baby pictures, but don't dare consider you've condemned the same child to a painful loss of innocence, not to mention inevitable physical decline, with the looming reality of a painful and horrific death. How can it be worth it or rationally justified? How can you claim to 'love' such a person after inflicting this on them?

## **Criticizing people for not coping with life.**

I think that it is perverse to criticize people for not coping with life. What people don't seem to understand is that we are forced into existence. *So life is not something we volunteered to participate in.* There is no logical reason why someone should be automatically grateful to be alive. So when a child says "I don't want to tidy my room" or "I'm bored" or "I hate school" or "I hate peas" they are under no obligation to tolerate these things because they did not choose this life or sign a contract. I can't stress enough that they and all of us have been forced into existence. So we can't be accused of failing our side of a contract. This comes back to the kidnapping analogy. It would be considered grotesque to claim a kidnap victim had obligations to her abductor.

In some cases such as when a child starves to death or someone commits suicide the idea that his or her life was a gift is perverse. If someone dies of a physical disease they are not accused of not coping with life (obviously) but mentally ill/depressed people can be criticized as being "just negative" weak or lazy etc. It is part of the just world fallacy and a failure to recognize reality of the arbitrariness of nature.

### **Best Response**

Life is slavery, nothing more, legal slavery.  
Don't do well in school, oh you must be stupid.  
Don't mix well, oh stop that and join in.  
Don't wanna work 90 hours a week, ok starve then.  
Don't wanna lose things or people, tough.  
Don't want to be ill or die, again tough.  
What an insane mad world we find ourselves sadly dragged in to.

## **But Think of All the Good in the World!**

Imagine there were a person whom many people admired. This person was kind to everyone they met, helped old ladies cross the street, and even volunteered at various local charities. Ostensibly, a very kind and good person. With one exception: secretly, they kept someone locked up in their basement, whom they tortured and brutalized. Now, would anyone, fully availed of the situation, say that this torturer was a good person? Of course not! They would not weigh up their good acts against their bad acts in order to see which ones add up to more. Nor would they say that their virtues compensate for their vices. Once anyone reaches that level of depravity, their good acts or virtues are undermined, nullified -- at best, one could say that they could be *worse*, but one would never say that they are *good*.

So too with the world. Sure, good things happen, some people are happy. There are moments of peace, joy, and love. There exists wisdom, intelligence, empathy, compassion. However, because of the vast amount of suffering going on, the presence of these things merely means the world *could have been worse*, had these things not existed. But *could have been worse* is not the same as *good*. By all means, be compassionate, empathize and spread peace, joy, and love. Try to gain wisdom, use your intelligence. The world would be worse without these things, and that would be deplorable. But keep perspective. The world is not, never was, and never will be a good place, because of the enormous magnitude of suffering going on. The best we can hope for is to mitigate this suffering.

### **Children are merely novel toys.**

I don't think this is that much of a critical insight really. But as i go about my life and see people i cannot help feel and think like Thomas Ligotti would think. I see people whom you'd normally see bored like the rest of us. (Yes i make the assumption most of us are mainly bored) except when they are playing with children, engaging in infantile games with their offspring as a means of staving off boredom. When you see this it becomes impossible to unsee. We do it with dogs, (play rudimentary mind games with them like hide and seek because when we see their reactions it stimulates emotions in our mind which we find hard to source from anywhere else.) Call it an infantile archetype. The problem with children is, children are not children for very long.

After the toddler stage, the stage in which i believe most people have children for the emotional back-forth novelty toy stage lasts only a short amount of time. Then you are left with a child whom is bored of such basic games and which seeks its own interests rather than being a mere reactionary apparatus like a video game npc. In short most children exist for adults for the toddler stage only then after that, the adult cares from them due to inbuilt resultant negative emotions if they even dare think about casting them off. But behind those emotions many adults do not gain much pleasure from children.

You see it to a larger extent with less 'moral' or 'compassionate' adults. They have children for the emotions and feel good hormones then once that stage after toddler is gone you see them lambasting their child for the stress they cause them. They often do it more than once (i.e. breed another to get those feel good emotions they so desperately seek) this is the price paid for not being self-aware enough, lacking the insight and foresight. Being impulsive. You are then left with children whom after the age of 7 being despised on varying degrees by their parents. Because their parents fail to see that the human furby stage is over all too quickly!

Some adults go a step further and invest into their children and gain a sense of reward when their child does well at school and the result feel good emotion is admiration. However for a lot of adults this is not what happens.

### **Optimism is a delusion.**

There is no balance of bad and good, things just happen because they happen. Occasionally in the world good things happen, but the majority of the time the world is full of suffering and corruption. If you think the world is a good or balanced place, then you're either lying or naive.



### Best Response

Well this is why I'm an antinatalist. Life is harsh, nature is cruel. Suffering is a guarantee. I don't want to condemn someone to a Life sentence. All animals just killing each other just to survive (humans included we kill other animals or life forms to eat). We also make other humans suffer, it's suffer suffer suffer. Kill kill kill. Eat, survive and die. That's life and nature. It's cruel.

### **Stop the noise - enhancing your calm in a world overflowing with savagery**

One of the things that has made me open to, and understanding of antinatalism is how truly fucked up the world is. Nature itself is cruel; lots of horrifying things happen without any human intervention whatsoever. I can't really get "angry" per se, since these events are through no one's intent or malice. Sorrowful? Yes. Rage? It just seems out of place here. On the other hand, the amount of depravity that is caused by humans is staggering. One doesn't have to look hard at all to find countless examples. Some days, I'll come across an article, story, or video that fills me with pure rage.

The thing is, anger and rage can be useful if they can spur you to action to resolve a problem. But if it is a situation beyond one's control, a problem with no solution or solution beyond your grasp, stewing in rage is pointless. Being in an enraged state is a form of suffering unto itself. What do you do to shut out the noise? What do you do stay calm in a sick, twisted, and chaotic world. So much in this world evokes rage, but that rage causes more stress and in turn self-inflicted psychological suffering. A moment spent angry is a moment you can never have back.

### Best Response

Eventually, the rage will simply become acceptance. It will like you make you cynical, possibly even misanthropic. You will make the occasional comment highlighting the awful reality while everyone who isn't as far along as you in terms of understanding reality, will act shocked and offended. Of course they will then look at you as the problem for doing so, despite that they will never have anything close to an intelligent rebuttal, which itself will only feed their anger and annoyance with you for being right about the nature of reality. They just want to enjoy their delusions until death finally comes to rob them of their fantasies.

*All "positives" are simply the elimination of negatives and a satisfying of biological deprivations. It's a get out of debt system...there's nothing to be gained from the whole affair. You are a composite of needs/wants/desires which are not easily satisfied. The "unborn" have no need for "happiness", yet by not creating them, you spare them inevitable suffering and death. Why create a need that doesn't need to exist? Basically - life is stupid, we're chasing our own tails. It's all a pile of suffering. Don't make more of this mess. If you think life is good now, wait until the cancer-ward/nursing home and it'll be obvious to you.*

## **I fucking hate being alive.**

I don't know what else to title this thread, so I've gone with the thought that goes through my mind every morning as I drag myself out of bed and prepare for another eight hours of hell. I just can't stand being alive - how else can I put it?

Work is a good place to start. It's *the* constraining force in my life. With rent and bills to pay, the devastating consequences of my not working 40 hours a week include (but are not limited to): homelessness, hunger, disease, unpleasant death. I don't see how that's a fair deal for someone who - let's not forget - *did not fucking consent to coming into this world*. I don't want to work and shouldn't have to.

My job is a particularly shit one - I am aware this isn't as good as it gets - and I've been trying to find something else lately (with little luck, but that's something else that's great about the world: there are more people than there are fucking jobs).

I've been thinking about how my life might improve after I find another job, and the main one is that I won't have to be subjected to my current job any longer. Beyond that, I can't think of anything. A little more disposable income, I suppose - but the only thing I can think to spend it on is prostitutes; a counterfeit of something (love, mutual attraction) I'll probably never experience.

Yesterday - Saturday, ostensibly the best day of the week - I was so fucking bored I came close to butting my skull against the wall. There's nothing to do, even during down time. Video games, movies, books - sure, they provide escape, but that's all it is. Nothing real, nothing exciting ever happens. When I look at the things people get excited by, it occurs to me that there isn't much impressive about anything or anyone in this world.

Then there's the inequality, the unfairness. How it is some people are blessed with fortune, looks, marketable talent, a stable family - and some of us (i.e. me) get literally the very worst of everything? It's not like I was given a shit first 18 years of my life, but the next 18 is going to be amazing. The shit first 18 and have set up an even shitter next 18. It's going to be shit, forever.

I've mentioned it on here before, but all of this means I can never quite discount the solipsistic part of my brain which tells me I must be the subject in a sinister experiment or a reality television show, and all other humans I encounter are actors or simulations. It makes about as much sense as the idea that other people actually enjoy this shit enough to crap out more kids to have to endure it.

## **Just some thoughts on my misanthropy.**

There's a lot of subreddits I could've posted this to, but I feel that the subject matter of my post fits this one. I'm going to keep it brief as to not bore you.

Like many of you, I tend to entertain my feelings of misanthropy, ruminating about my hopeless disappointment with the same species that launched itself into space and yet has the capacity to drop powerful nukes on each other for the sake of world peace. This is a strange world, seemingly filled with people wanting and aspiring to make real change in our wonderfully broken world and yet wanting those they disagree with silenced. For as much as we strive for harmony, our fragile nature only seeks it with those that are as much like us as possible.

That's powerful knowledge. It pushes us to do a thing or two and make a change or at least inspire other people to. There's a point in our lives when we realize that the world isn't perfect, it's not a happy-go-lucky place where

all the animals in the forest are friends, but a place where if you show weakness, you open yourself up for a knife in the back.

Human nature, which I define as the cognitive patterns (those that influence our judgment, decision and even behavior) that we unfortunately fall into, is the very thing I abhor and detest. It has allowed for senseless extermination of people, it subjugates and marginalizes, it's the reason we've the capacity to hurt one another. It turns brothers into enemies and tears countries and families apart. The worst of it is, it blinds us to our own thinking.

I believe in a certain kind of misanthropy, if you can even call it that, that we recognize that we are imperfect and faulty thinkers, that we let go of our convictions and notions and that we, no matter how hard we try, cannot really see the world in its purest image. Humans, as much as they pride themselves as being smart, quickly retreat to black-or-white thinking when they attach emotion to a topic, deflect cognitive dissonance by rejecting one of the conflicting beliefs instead of embracing both, resist change because it's uncomfortable, are blind to their own hypocrisies and uphold tradition as the norm even though it would've been a radical way of life some decades earlier.

This also applies to other misanthropes, which I find have often come to their conclusions because they feel that they're above other people. I find it a good thing to call people out on their idiocy, to show them that their actions, even in good faith, is bringing about more bad than good, but it's also important to take a hard look at yourself and not fall into the same pit you believe other people have.

In essence, what boils my blood with seething misanthropic hate is the way people are too full of themselves and harp on about questioning everything, rather than themselves.

*People are completely misguided, because they never question anything, so the lives of basic humans really revolve around whatever is currently being marketed. Trends work so well because people are so malleable through their influential natures. In the end, people do not know why they do the things they do, which is quite pathetic. They just follow blindly, as if any given large company had the ultimate answers to all of their problems.*

*The notion of success, living a good life, and being "admirable" is wholly based on materialistic possessions nowadays. Society really markets meaning, intelligence and happiness as buyable things. People will associate these precious notions to irrelevant symbols, and fall into illogical loops, i.e. society markets people who have a college degree as intelligent, so, most people will directly assume that someone who is formally educated is intelligent, without even trying to think about what intelligence really is. Symbolism reduces a powerful concept to inaccuracy for the most part, but it works well on people, since they don't like thinking about things deeply. In the end, people "feel" they have something without really having it. What a great illusion!*

*Success will always be based on stupid things, because people are stupid. Being truly intelligent is not worth much nowadays, unless you actually build something that benefits stupid people. We are caught in a terrible loop. Idiots can't be "saved" from their idiocy.*

## What the fuck is this shit?

Life. "Well, life has its ups and downs, but there's always more good than bad."

I mean what the FUCK is this shit? I am able to comprehend why humans ubiquitously merge their genes into a copied product, but HOW can someone knowingly gamble with someone else's life? I shall not close one eye and provide them the benefit of the doubt. "Father, forgive them for they know not what they do." Bullshit. THEY KNOW WHAT THEY'RE DOING. They aren't mentally stunted and disabled. Parents, KNOWINGLY inflict hazardous uncertainty with another human being's welfare. This is what perturbs me to a precariously fight or flight state of being. "But my parents didn't know what they're doing." Fuck the hell off. They aren't exempted from claiming ignorance. Everyone knows that a child may end up with cancer, schizophrenia, depression, a life of melancholy and misery, you name it. And then they do it anyway. Sorry, let me repeat that. AND THEN THEY DO IT ANYWAY.

Then there is this thing called occupation. School and work. This jading, stressful, upsetting, time-eating and dreadful shit. Oh but there's also good stuff. OH BUT THERE'S GOOD STUFF. Holy fuck! It never occurred to me good stuff exists. Mind-fucking-blown. No, really? Obviously there's good stuff. Like eating, drinking, hobbies, fucking and laughing. How often do those come? Most people tolerate their days. "How's your day?" "It was alright (tolerable)." And you save up to get the bare necessities for now and for later. The extra money is spent on things you can barely utilize for fun because of the time consuming nature of work.

Yet, people just shoot even more people out like it's going out of style. As if we exist in fucking tomorrow land. As if we're going on a trip, in our favorite motherfucking rocket ship zooming throuuuggggghhhhhh the sky - No. As if this godforsaken, life on this miniscule blue rock is even the tiniest bit useful and important. Then there's religion. Oh, my fucking, non-existent God. The people who think the entirety of existence revolves around a select group of biospherical, biomechanical, earthling, singular species of primates, thinking that this utterly wasteful suffering actually means something in their mediocre lives.

My suicide would be the biggest "NOPE." I have ever done.

## The cat is out of the bag.

"...We are gene-copying bio-robots, living out here on a lonely planet in a cold and empty physical universe. We have brains but no immortal souls, and after seventy years or so the curtain drops. There will never be an afterlife, or any kind of reward or punishment for anyone, and ultimately everyone is alone. I get the message, and you had better believe I will adjust my behavior to it. It would probably be smart not to let anybody know I've seen through the game. The most efficient strategy will be to go on pretending I'm a conservative, old-fashioned believer in moral values."

**- Prof. Dr. Thomas Metzinger, The Ego Tunnel**

*Expanding on this...*

"The real world is simply too terrible to admit. It tells man that he is a small trembling animal who will someday decay and die. Culture changes all of this, makes man seem important, vital to the universe, immortal in some ways."

**- Ernest Becker**

Antinatalists are not merely "sad, depressives" who have a "chemical-imbalance", but rather, are people who have seen beyond the cultural façade and see life for what it really is - an idiotic, self-replicating chemical scum

that just consumes and reproduces indefinitely for no reason. It's a meaningless mechanism of pointless perpetuation, which causes unfathomable amounts of pain and suffering and we recognize this fact and want to put an end to it. The cat is out of the bag, so can we not just cut to the chase, transcend our cultural programming and psychological defense-mechanisms and have done with it.

### *Best Response*

I'm often told to seek therapy when I express these things, it's so frustrating. It's like telling a child to go to therapy when they learn Santa isn't real... you can't change the truth.

### **Why I hate being an Anti-natalist.**

It seems to me that the only problem that the human race has ever faced is "suffering". Suffering manifests itself in a plethora of different forms- physical disease, mental health problems, violence, sorrow, the list is just endless. Humans have been desperately attempting to eradicate suffering since the beginning of our species. Our whole existence is pretty much dedicated to alleviating suffering- we eat food so we don't starve, we get flu shots so disease doesn't harm our bodies, we try to look good so we get accepted by society and not feel rejected, and so forth.

But all of our attempts at getting rid of suffering are absolutely futile. Suffering will always exist. When I watch the human race try to get rid of suffering, it is like watching a tiny, weak, foolish, little man desperately trying to get rid of the ocean by using a straw. I look at all these people suffering from cancer, depression, devastated by the loss a family member, etc. and I think to myself- if you fools simply chose to not pro-create, nobody would have to suffer. And yet, these people are completely blind to that fact. As an anti-natalist, I completely understand the fact that if people stopped pro-creating, there would be no more suffering of any kind. But the most frustrating thing is that I can't share this knowledge with anybody because even if I try to, most people won't understand.

### **I can't sleep because my mind is racing. Everyone else seems crazier than me. I feel utterly alone.**

One time, I asked my mom why she created me, and she said that she wanted to "create joy." She has anxiety and depression. Seriously, what the fuck? I can't believe that I exist because of such a vague and senseless reason. I have to cope with my inherited burdens, existential terror, the need to live authentically when it's not completely achievable, and basically needs that are incompatible with reality because my mother, who hates her own life, felt like "creating joy."

Everyone else seems like a basket case to me, but they're supposedly sane because they're happier than me and they adhere to societal norms, many of which are bizarre and pointlessly harmful.

I can't adequately put into words how doomed I feel. I literally live on a planet dominated by apes, most of whom refuse to believe that they're apes out of some convoluted coping mechanism (and most of what they do is somehow fear-based), and in not acknowledging their apehood, they follow their primitive ape instincts mindlessly. What never fails to blow my mind is how many people think that their gut feelings are some supernatural source of truth. They call their ape-think common sense because most people mysteriously have similar reactions to some things; just as cats fear water and dogs get territorial. And when humans experience a human instinct en masse, they take that as compelling evidence of whatever they feel is true.

More often than not, it's a threat they perceive, and they freak the hell out like monkeys confusing a banana for a snake. And typically, because they think their stupid gut instincts reveal truth, they refuse to even figure out if the things they fear are actually dangerous.

The nuttiest thing I find about most people is that they're senselessly pro-human-life. They will keep miserable people alive against their will because they think that if you don't want to live, you're crazy. By the same twisted logic, they consider certain criminals worthy of capital punishment because they think it would cut off the criminals' access to something intrinsically wonderful. They prioritize death over extreme suffering even though only extreme suffering can be experienced and death can only be postponed somewhat. We are literally all going to die no matter what and people freak out when someone dies a little earlier than expected. However, they accept the excruciating suffering that goes on all around us as sad, but not an emergency.

That's all I feel like saying right now. Good night.



## I don't get it.

I just don't get it.

Everyone wants to live a good and happy life. Everyone wants to be liked and loved, treated with decency and respect. Why the fuck aren't they doing their part, then? Why the fuck do they not treat each other the way they'd like to be treated? One moment it's all fun and games, smiles and laughs, the next moment you're being played for a fool. It's always about having the upper hand, always about needing the other person less than he needs you. I'm tired of all these power games, tired of always being alert and on my toes. Tired of having to think quick to deflect some asshole's attempt to undermine me. Most of all, the banality of the whole thing is striking, it's so "normal" that I suspect most aren't even conscious of all this evil they're perpetuating. And it's never going to get any better. It's never going to change. I'm throwing my hands up in desperation right now, and ask why. Why! It's not that fucking difficult!

### Best Response

For the most part it's conditioning. People get their cues on how to treat people almost universally the way they see others treating people, with some extra weight given in that regard to family and those viewed as successful. There is a massive social factor at play and without breaking up that negative societal influence it will continue. If someone is raised in a society which views women as property for example it will take them some amount of insight and empathetic reasoning or immersion in a different culture to see beyond that influence, and then even if they do they are unlikely to be compelled to do much beyond their own behavior. As in they might treat women what would be considered nicely for the culture, but would be unlikely to actually do much to further women's rights or critique someone else's behavior. As a result individuals both capable of acknowledging the wrongs of a culture and willing to change the culture in a positive direction are rare, and because that change is difficult and often involves the acknowledgement of some kind of wrongdoing it is not terribly likely they will succeed. Especially since many of the speakers within that culture will actively rally against them. Seeing it as either a personal attack against them because it describes behaviors they are guilty of as well, or an attack on their way of life in general. We've seen this trend pretty much universally when it comes to civil rights, hell Turkey is still unwilling to even acknowledge the Armenian genocide and they feel righteous in that decision.

In more minor cases there effectively just isn't enough societal pressure against certain things, or people have managed to surround themselves with a group that both reinforces and normalizes their behavior. People tend to form groups of like-minded individuals. If someone is greedy, ignorant, and poorly disciplined chances are they have a group of like-minded friends whom reinforce and normalize their behavior. The mistake in your reasoning isn't that people think they are better off acting this way; it's simply that what is best isn't even a factor in their decision making. Most decisions are made without introspection and so are based off of learned behaviors and instant gratification more than anything else. It doesn't help of course that humans seem to feel gratified in moments where they are superior to their peers, when they get something they wanted, or when they allow feelings like rage or frustration to go unchecked.

Most people are no worse or better than anyone else. They've just taken the path of least resistance and it took them to where they are, basically following what they felt culture was pushing them toward or what behaviors they saw as leading to success. That truth however in and of itself is part of why I'm here on /r/misanthropy to begin with though...

## **What's the most simple thing you've ever had to explain to a fully competent adult?**

### **Best Response**

That suicide exists and that there are actually people who want to kill themselves. She was like 'Noo, come on, if you're feeling bad just take a bath and focus on the good sides, nobody wants to die.'

I personally liken it more to being alone in the middle of the ocean, trying to stay afloat. The occasional shark looming that makes you get hopeless and exhausted quicker.

You hear voices saying "swim that way, you might find land, it's worked for others lost at sea". It doesn't work. So you hear another voice suggesting another direction. You swim for miles in all directions not finding anything. Any time you rest you get abuse from these voices for not trying hard enough. You're lazy. You're exaggerating how bad it is. You're being selfish by thinking about giving up. Other people have been lost at sea before and survived, you're being melodramatic.

Eventually the desire to just relax and let yourself drown starts to take over, then you remember loved ones and start trying again, for their sake. At a certain point, it becomes too exhausting, you lose hope of finding a way out, and you just want it to end. The drowning will be horrible; you don't *want* it to happen. You just can't take the strain anymore. The negatives start to outweigh the potential positives, and you take what others perceive to be the "easy way out", when in fact it's the most torturous experience of your life, all in order to end the pain.

## **Why are you a misanthrope?**

Throughout childhood, I had a very positive and loyal outlook on humanity. I believed technology was the future, the dark ages were behind us and a prosperous immortality awaited us all. As I entered my teen years, I became a very vocal atheist, and I came to blame religion for the malignancy I perceived to be holding our species back from its potential. By adulthood, however, it was clear to me that religion was not the problem, but just another symptom of something far deeper and more insidious. The more I have seen and studied, the more I'm convinced that human depravity knows no bounds. I would describe my life as a gradual waking up to the understanding that I'm living among a psychotic race of sex-obsessed apes with nuclear weapons and a very creative array of torture devices.

I was witness and victim to some of the uglier elements of human nature as a child. I was ostracised at school and mistreated by the occasional adult. But I trusted adults then so I blamed myself, and I tended to assume that my peers were just idiots who had yet to grow up. Unfortunately, adulthood turned out to be orders of magnitude worse, and even more disempowering. It was around age fifteen I reached the conclusion that our civilisation would not survive the 21st century, and that we had nobody to blame but ourselves, and that I was locked into the ride like it or not. This, among other problems, triggered a downward spiral into depression and misanthropy, both of which only deepened with time.

Often, it isn't so much the brutality of humans that bothers me, as it is their banality. Last night, I sat through yet another pleasant dinnertime conversation with my neighbours that made me want to run a power drill through my temple. I honestly don't understand what most people even get out of life. My contempt for this species isn't just a moral stance, it's a thing of simple preference.

I have developed a knack for finding decent people, though. In a way, this helped blind me for a long time to the reality that the vast majority of us are completely worthless.



## Why nihilism can cause/amplify depression.

So the fact is that nihilism can cause depression, an exaggerated example would be a deeply religious person with a relatively poor lifestyle, who is only able to work hard by imagining a deeper meaning into life. When, in this situation, a bigger negative event occurs, said person might look deeper into the illusions which kept their worldview intact, notices that it is all based on assumptions and there we go - depression.

It's important to note that nihilism itself is seldom the only/main cause for depression. Depression has scientific causes, if you are not in a situation which can make you depressed, nihilism won't trigger it. Typical example for that would be me, who accepted nihilism with a depression so brief and small that I'm often wondering if it actually qualified for that. Any symptom of depression I had can easily be connected to uncertainties about my future I had at that time; now that these are gone the depression is as well - nihilism on the other hand stayed.

So that nihilism *amplifies* depression is maybe the better way to word it. Or maybe it's better to say that nihilism gives depression an easy way to express itself. However, no matter how we word it, cases of smaller and bigger depression are often associated with nihilism - so the question I'm trying to answer is why that is the case. What's the reason?

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I think we all kind of know why, though it is always vague, and not really possible to put it in a few words - It's a cultural phenomenon, and for these there are no simple answers which fit each and every case; humans are too different from each other to do that. To put this simple: there is more than one reason.

And each of these reasons is in some cases more significant, in others less. What they have in common is that they are constructs created by biological and cultural evolution.

In the following I will use the words 'people' and 'we' to denote a major amount of humans, who are likely to become at least to some extent depressed when confronted with nihilism.

### 1) People want to know what they should do.

From our birth on we are always taught what is right and what is wrong, what we should do and what we shouldn't. When we grow up and our parents no longer fulfill this role of being our boss, we replace them by principles and morals, or religion. We simply take it for granted that there is right and wrong, and nihilism completely eradicates the foothold of this notion.

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### 2) People are social creatures.

It is in our nature that we as humans care for each other (result of millions of years of evolution, a tribe is simply more likely to survive when we work together). And this gives each of us a desire to be liked by others. We want others to care about us. But we are also reasoning creatures we think: "If there is no reason for others to care about me, they won't." This problem can simply be eradicated if we create the following logic: "If I am good, others will care about me, because everyone wants to be good." As crazy as this sound when spelled out like that this belief is deeply ingrained in human culture. We base our self-esteem, our values on this social construct. Even we ourselves act that way - We start liking those who accord to our morals and try to distance ourselves from those who don't.

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### 3) People desire to live forever.

This reason is as simple as it sounds - We want there to be some kind of continuation of our life after we died and nihilism simply does not provide that. People who have a problem with this follow or invent if necessary a religion that grants some kind of eternal salvation. (Why do we want to live forever? - Evolution, we are made to keep going as long as possible)

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### 4) People want there to be a reason for our suffering.

People suffer, some more, some less. Our nature wants us to keep going despite that (again: Evolution), and so we do keep going. However the thought that all of this suffering is arbitrary and we might as well stop taking it is detrimental to survival. It is far easier to suffer, if you assume that you can get something out of it, that there is light at the end of the tunnel. If there is a reason why we suffer that contributes to some kind of higher purpose, we are more likely not to break psychologically - Better chances at survival.

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### 5) People want the world to be fair.

We naturally envy those who are better off. But in most situations we can't simply attain the pleasures others have, sometimes it is even almost impossible. But we don't want to imagine those as simple coincidences; we want to think that these people earned their pleasures through hard work. That way we can obtain these ourselves. When we can't see a possibility for that, when all our hard work never gets us anywhere we want to think that the pleasure of the other is not right. That at some point in life, or after it, they will be punished.

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What these reasons have in common is that they are all cultural beliefs which make it more probable to survive. That's why they are programmed into us. They give us a possibility to justify living. Nihilism conflicts with these traditional values, basically eradicating this justification to live - and this is the common ground with depression. A depressed person suffers out of some non-philosophic reason, which makes them question their justification to live. And nihilism provides the answer which simply takes this away - in the sense of "it wouldn't matter if I died".

## **What exactly do you dislike/hate about humanity?**

### *Best Response*

**Religion** - Any and all of them. I can't believe, in 2015, with almost every piece of information available, literally, at our fingertips, we still have people who believe Noah's ark is a real thing.

**Bigotry** - Again, in 2015, we still can't handle being different colors from one another. Different *colors*. We still see homosexuality as a threat. "How do I explain it to my kids?" How do you explain that some people like pepperoni on their pizza and some like ham? Or that some like both?

**The Male ego** - The world is built to appease and soothe the male ego. From our standards in entertainment to the laws around the world that decide what women can wear, it's all so we don't get our feelings hurt and insecurities exposed.

Speaking of parenting, the lack of personal responsibility is another reason. Everyone wants to have kids then make the world change to make it easier to raise them. People give their children iPhones without any rules or research, then are surprised when their 10 year old kids end up buying a bunch of games, sexting and cyber bullying. Those parents will then make the effort to sue but won't make the effort to have difficult conversations with their children.

**Celebrity/Sports worship** - I actually don't hate the Kardashians, the same way I don't hate a dog for eating a steak you leave in front of it. They're merely instinctively taking advantage of opportunities given to them. I hate that we give people like them those opportunities. We allow them to be famous by constantly paying attention to them, then complaining they get too much attention. We know who's quarterbacking this Sunday but not who's teaching our kids Monday. We spend 40 dollars to park, and 9 dollars on a small beer, to watch a guy hit a ball with a piece of wood but complain the government doesn't do enough to put money back in our pockets.

### **Humanity disappoints me, a rant.**

I just feel like I'm stuck in a game I don't want to play, this never-ending cycle where I work just so I have a place to sleep and food to eat so I have energy to go to work again. It seems like the structure of our society is an endless ladder where each rung is another "thing" we work to obtain that never satisfies for long, as there's always the next rung, the next "thing" that's supposed to fill some hole we feel inside. It's like we're all stuck in a hamster wheel, moving real fast but never going anywhere. We experience the same things over and over. We've stopped growing, creating. Technology has stagnated our evolution, made us all complacent and distracted. Most of the country is on some type of drug to take away the pain, be it legal or illegal.

And meanwhile, while our country spends their lives striving to own things that are supposed to somehow validate our value, half of the world goes to bed hungry. Millions of people work in dismal factories for pennies a day to make all the trinkets that our society is obsessed with having. Corporations are raping the earth of its resources and all of its species in the interests of "profits" which don't even really exist, they're just numbers in some screen. People starve, people kill and wars are waged for numbers on a screen. It's like I used to live in the matrix, and I took the red pill, and now I see how reality really is, and it's not something I can ignore. I can't just put my head down and participate in the rat race because that's what I'm told to do. It doesn't make any sense. It's all so wrong. And the worst part is that no one around me seems to see, they just continue on in blissful ignorance never thinking about, or maybe just ignoring(because it's easier that way), anything outside of their little bubble of existence. I can't even relate to anyone anymore. Everyone around me seems to be addicted to a game that I can't enjoy anymore.

I will finish by saying that anyone who exhibits excessive greed and hunger for power over others should be removed from society and treated for their ego driven psychosis. It is greed that has crippled humanity. It makes me sick. This ends my rant that will help nothing.

## **The last thing I think of at night**

And the first thing I think of in the morning.

Sometimes suicide ideation feels freeing, and then sometimes it feels like someone is strangling me, or pushing down on my chest, pushing a boulder down on my chest and stomping on it - the inescapable inevitability, the end of everything.

It is fucking beyond insane that the means to a peaceful exit are well-known and technically available in this world yet prohibited to us all. It is a fucking disgrace that in 2015 people are forced to pull off some ridiculously over-the-top brutal shit like jumping from buildings just to get the escape they're looking for. An escape society denies them. And why wouldn't it? Dead people aren't profitable. Never saw a dead person pay taxes. Dead people can't work a 9-5. Sorry, but our key stakeholders have voted against dead people for this quarter. A society denying our exit out of "compassion". A society prolonging our misery out of "compassion".

But it works, right? With no easily available suicide methods, no one ever commits suicide! Hahaha. Just like in the 1920s banning alcohol meant no one got drunk. And just like today banning drugs means no one takes drugs. Gosh what an effective system. Hahaha. I am so fucking bored of it all.

## **Is there a scale for misanthropy?**

### *Best Response*

I don't really think misanthropy is something that can be measured on a scale. If you are going to give it a scale I think it should probably go from rational to psychosis.

Allow me to explain. Misanthropy is hatred of man. People who identify as misanthropes for rational reasons, like I'm sure many of the lovely bunch of people on this subreddit tend to, do so not because they have something fundamentally against people but because people have let them down in some fashion. We aren't sitting here talking about ugly two leggers or something like that. It's the casual callousness and the depravity and the atrocities that humans are capable of and commit constantly that upset people. In that sense some degree of hatred toward man and their base desires is warranted and entirely rational. These people are on one side of the scale. On the other end is psychosis. This is where people with antisocial personality disorder, persecution complexes and narcissistic personalities belong. These are people who hate those around them on principle, either because they feel themselves somehow superior to their peers, have difficulty interacting with people, or have some other form of irrational justification for their behavior.

The distinction can be hard to make as people from one group might use the other group as justification. For example someone with antisocial personality disorder might reaffirm their attitudes toward others with things such as genocides, bystanders, ignorance, or all manner of other quantifiable flaws in people. But those are all arguments for a conclusion they've already committed to. In general I'd say people from one side of the scale can be determined from the other by their behavior. Someone for whom the hatred of their peers is a forgone conclusion will generally treat their peers as if they hate them. Lashing out and acting vitriolic, seeing no reason to go out of their way for those around them. Those who rationally come to the conclusion that man is to be hated have had to complete some earlier steps though. First and foremost they have to have developed a list of moral expectations. After all it's impossible for humanity to fail your judgment or fall short of expectations if you don't have anything to judge them against or any expectations to begin with. The fact that these people have a set of defined morals, or at least a set of behaviors which definitively violates their morals, and the fact that they have determined that those who cannot live up to their morals are worthy of hatred indicates that they

should live according to their own morals or else they will hate themselves. This being the case it follows that being misanthropes they will seek to strike from themselves the very attributes they hate in other people. If they consider mankind's casual callousness and unwillingness to help an attribute worthy of hatred it stands to reason that they will extend a helping hand wherever possible. If they resent the dehumanization and civil rights violations that occur every day it stands to reason they will do their best to stand against them. Whatever traits they have found worthy of hatred in people, they should seek to wipe from themselves. Those who are further toward the psychosis end of the spectrum will by this definition hate people irrationally and without reason. Those toward the rational side of the spectrum will hate the attributes of man that are expressed in everyone, even themselves, and will seek to strike those out however possible in many circumstances bettering themselves by their own moral definitions in the process. There are of course those in between, but if I was to lay down a scale that would be it.

## **I am a Misanthrope.**

Misanthropy Is A Natural Reaction To People's Deplorable Behavior.

If you are an honest, decent person it's very difficult not to be a misanthrope. For me, misanthropy was not a choice, it was a simple, natural response to the way most people are, or at least seem to be. I've seen and experienced too much selfishness, egotism, narcissism, megalomania, phoniness, duplicity, nastiness and just pure downright evil in people for them to be even remotely likeable. And I don't use the term "evil" in the religious sense, but as an accurate descriptor of the malice which seems to reside within a great many people.

There just seems to be an excessive amount of corruption within people, and good natured people seem to be becoming increasingly hard to find. I'm not claiming to be an angel. I have my faults, inconsistencies and am far from perfect, but at my core I consider myself to be a good person (remember "good"?). I value truth, honesty and sincerity. I have zero tolerance for disingenuous people, and once I get a whiff of phoniness from another person I instinctively erect my protective barrier and block them out.

Everywhere I go I see anxiety and fear in people, and out of this fear comes a terrible hostility. People do not trust one another. There is too much selfishness, egotism, competitiveness and fear within people for them to ever fully empathize and happily get along. Most social interactions feel like a power struggle and a poorly disguised battle for control, with everyone wanting to be in control and dominate or humiliate the other person. I think human insecurity lies at the root of a lot of this, and whilst comprehensible, it's not pleasant to experience.

I avoid people as I don't like most of them, it's that simple. I have found it impossible to find anything likeable about most people and I do not enjoy interacting with them. Some people might think of me as "a weirdo" or "an oddball", I really couldn't care less. I would much rather be a loner and a recluse and be honest with myself and my feelings about other people than put on a façade and pretend to like people whilst feeling a very natural contempt for them.

There is nothing remotely wrong with misanthropy or misanthropes. Misanthropy has been defined as "a generalized dislike, distrust, disgust, contempt and hatred of the human species, human nature or society." As misanthropes we are people who have seen and experienced enough of the inherent sham and corruption within the human species and the society which humans have created; a society based upon selfishness, ruthlessness, duplicity and greed, to feel any admiration for humankind.

A misanthrope is someone who values selflessness, integrity and authenticity, and who rejects the corrupt nature of the human condition as it has become. Most people have allowed themselves to degenerate to such an

extent that any positive attributes still remotely traceable within human nature have become imperceptible. The positives have been so greatly eroded by the beast which continues to ravage what little goodness which may still exist within humankind, so as to render them negligible and meaningless.

I am proud to call myself "a misanthrope", as I do not dislike people out of a gratuitous or misguided sense of malice, but from having experienced enough of the bastards to realize that, regrettably, you must protect yourself from most people if you wish to survive. That's a pretty damning indictment of the human species, but it comes from life experience, and it's just as valid and truthful as any rose-tinted view of human nature.

Having said all of this, I still believe in love, compassion and human kindness, and haven't given up hope entirely. I tread cautiously and curiously, hoping that the small element of "goodness" still to be found amidst the abundance of negative human qualities can once again grow and find strength, and that people shall begin to lose their selfishness, fear and highly competitive natures, and develop a desire to embrace a spirit of utilitarian co-operation; dispensing with the ruthless, individualistic, self-defeating aggression of the past.

Misanthropes are the biggest disapprovers of humanity. Our disapproval comes from a very natural repulsion to all of the negative traits of human nature; characteristics which have proven impossible to appreciate, value or respect. For this reason I shall always be an outsider, a loner, a recluse and a misanthrope. I take no sense of moral superiority from this mode of being, just a deep sense of sadness, and a simple, self-preservation desire to protect myself from my fellow man in his current condition.

### **Parents who expect a medal for providing the bare minimum for their children.**

I PUT FOOD ON THE TABLE AND A ROOF OVER YOUR HEAD!

Yes, and your point is? You're seriously playing the fucking martyr over doing the bare minimum required for you to not be charged with criminal negligence or have your child removed from your home because you're fucking up so badly? Were you not aware you were required to take care of a child before you decided to make one? This is usually complete with laughable insinuations that one should be grateful for essentially being trapped into a situation by mere fact of existence, and then later by law; even if your awful, ungrateful child wanted to it's not like they can just get up and leave. Even an older 'child' is likely trapped by a mountain of expensive and time-consuming bureaucracy to actually separate from you early and would likely need to depend on other adults for help. You have trapped someone into a state of dependency upon you and then complain that they are dependent on you. Great job.

Of course the same shitheads who spew this stuff will still bingo you about not wanting to have kids and will be found lying about how it's the greatest thing that ever happened to them five minutes later.

*Why should man claim to be exempt from the fate of all the other animals? The whole earth...is cursed and polluted. A perpetual war goes on among all living creatures. Need, hunger, and deprivation stimulate the strong and courageous; fear, anxiety and terror agitate the weak and infirm. **The first entrance into life brings distress to the new-born infant and to its wretched mother;** weakness, impotence and distress accompany each stage of that life: and eventually it reaches its end in agony and horror.*

*-David Hume*

## **Can humanity really be relinquished of its monstrous acts of the past?**

I don't think most of us can even grasp or comprehend the scope of atrocities that humans have inflicted on each other for thousands and thousands of years (let alone since the beginning of existence).

Any way you can think of someone being tortured, I guarantee that has happened to someone. It's just insane to think about the fact that 99.9% of these people didn't deserve to die in these unspeakable ways. What makes any of these people different from us? Nothing. So you can imagine yourself being hung upside down and a saw slowly gnawing through your body. Can you just stop and think for a minute, that this person was once a child? Now what could that child have possibly done to go from point A of pure innocence, to point B of gruesome and vile death? It just makes me sick to think of how someone's LAST perception of this entire universe is being completely dismantled and butchered.

These "humans" actually strove for a slow and painful death and CONSCIOUSLY made the effort to make that happen. Just in this one out of endless examples of torture, they would saw the person in half. The blood rushing to their head from being flipped upside down would make them live longer. They would also stop to around the abdomen area to prolong the suffering.

What "crime" could a human being commit that could ever come CLOSE to justifying these acts? They would torture women in EXTREMELY sick ways just for little things like being accused of cheating. That's insanity.

Don't you think our race is just one big fucking embarrassment? It's actually funny when you think about it. How this is what society stems from, everyone walking around the city, acting vain, selfish, and superficial with MASSIVE fucking egos. We sure as hell should be proud to be human! Let's all give a round of applause to our ancestors. Just imagine how insane the fact is that we are "social animals" who are desperate for human companionship but at the same time are capable of such hate, disgust, and lack of empathy for each other.

So do you think that part of human nature is a thing of the past? Or does this kind of sick dementia still live within us today?

## **Everything Fucking Sucks**

I hate optimism. All of society is full of shit. Every aspect of life you are supposed to conform and act the part with a smile on the face that it's all just gravy and rainbows. It makes me fucking sick.

If you are true to your own nature and it is your understanding that life sucks, society DOES NOT give you that option. When you see friends and family there is a pressure to act the part that life is going well and you are happy and all is great. In school, you are taught to work hard and the efforts will pay off someday. At work you are told to work hard and you might get promoted a shit tier above your current shit tier pay. That is of course if you can secure employment, good luck on that one.

If you do everything as told, study hard, work hard, etc. you are still underpaid, underappreciated, and going nowhere. It's all a scam to keep you keeping on like a good little worker drone. Are you happy yet? You should be! After all, you finally have that mind-numbingly boring 9-5 shit hole to go to everyday. Finding that rewarding, purposeful career is another bullshit illusion that doesn't exist for 99% of jobs out there. Good luck finding that 1% job (if it is even that high).

Many are debt slaves to the system because they believe what society tells them about getting an education. In the end, the education does nothing, you learn nothing of value, and are only left with loans to pay back with your shit job that never required any education to begin with. Oh you can't find a job? You can pay a nice low minimum monthly payment on your student loans and they will grow bigger and bigger with interest. It's really no problem at all ;)

Oh yeah, and even if you do happen to find the job, it will probably suck balls. Doing anything 8 hours per day is a recipe for hating it, and fast. Your job might suck, management might suck, the commute might suck, the pay might suck, the hours might suck, the fact that it's temporary with no benefits, the fact that it is boring and mindless as fuck, the fact that no one wants to recognize talent and help you move up to the next level, your coworkers that suck, customers that are morons, time you can't take off, the list goes on and on. If you don't have the job, you are fucked and once you get it you are fucked, but it is just a different kind of fucked.

It's all such bullshit. The dating scene is filled with the same crap, and you're supposed to be happy and show "your best traits" to another person/land whale for the most part. Good luck if you're of a negative disposition; don't like people very much because of the shit that society has done to you. 95% of girls will want nothing to do with you because you're such a downer. Cue loneliness and sexual frustrations. Who wants to be with an unhappy loser? Good luck finding someone else who also understands how much everything sucks and isn't brainwashed like the majority.

And in the end, it's never that life sucks, is it? You go to the doctor because you're unhappy with your shit lot in life, the nothingness and purposelessness that pervades everything around you, and you're told it is "depression" and we can help you by giving you happy pills so you can be more like everyone else. Or we can talk to you and try to "think differently IE cognitive bullshit crap" so that you have more positive thoughts rather than negative ones...

Therapists are unwilling to accept the fact that life fucking blows. It's just society's way to treat unhappy people because you wouldn't have as much productivity if everyone felt this way. There needs to be methods in place to keep the cogs continually turning. Heaven forbid people should actually find out it's a load of crap and they were onto something before they visited the shrink. The amount of people on meds for their unhappiness should be a strong indication that life sucks and the optimism bias we see all around us is lies.

Luckily there are people who get it. You guys do. Thank goodness there's this as an outlet because outside these walls, a shockingly few amount of people seem to get that it's all a fucking load of crap.

## **Fuck work**

No I don't want to feel like I'm just going through the motions for 5 days. No I don't want to put up with cunt customers. No I don't want to be a part of your normie sitcom where we all make inside jokes and talk about our weekend. I don't want to put up with fucking narcissistic managers either, you cunts sucked so many dicks to achieve the manager rank, lose your ego you cunts.

## **Best Response**

Slavery never went away; it just evolved to the mediocrity of wage slavery. Plus, some Jobs literally fucking take you for granted and won't even pay you enough to survive, so why waste life "working hard" just so spoiled bitchy rich cunts can relish in luxury profits from your labor? Isn't that fucking irony? That in the modern world it is still possible to be working/employed but starve to death/go homeless anyway? LOL! So much for our capitalist economy ;)



## Why can't society realize that's it's juvenile and idiotic to believe that 'Life always get's better for everyone'?

People say 'life is unfair' and that's probably one of the only things I agree with most people on, but here's the cognitive dissonance. People can't seem to comprehend that after that statement not everything will turn out okay.

Parents will admit that no matter how much they want, their children will almost never amount to anything close to the financial success Bill Gates or Mark Zuckerberg, or have careers as successful as people like Lionel Messi, LeBron James, Serena Williams and Barack Obama. Society accepts that not everyone can be beautiful, be physically strong or even work high paying jobs. I've even met parents saying "Although I want my kids to do well in school, society also needs someone to do the dirty jobs for us. There's no shame in that".

Yet somehow "Life doesn't get better for everyone and some people are meant to die by their own means" is regarded as the most disgusting thing you could ever say despite the fact that it's painfully true.

Why can't society accept this? What good is it for anyone to deny the fact that in a cruel world like this, some people are meant to die by suicide? It seems incredibly delusional on the level of a 9yr old who's high to think that no one must end their life because "it always gets better" transgresses the obvious faults of economics, biology and the cruel randomness of our universe.

And what's worse is that almost all of society makes no meaningful effort to assist those in improving their lives. What a fucked up existence this is.

### Best Responses

1. You're so right. It's exactly like the pro-life stance on abortion; they want the baby to have the "gift of life" but those are the *same assholes* who want to cut budgets for public health care, public schooling, food stamps, low-cost housing, and other social welfare programs. The moment that kid pops out, they turn their back and call them a freeloader. All they care about is that they're *alive* because they get off on their ego trip about "saving innocent babies" but at the same time they want there to be zero support for that baby to become a happy productive member of society. That's the exact same hypocrisy of people who want anti-suicide—shit, some of them even actively try to restrict gun laws *solely* because they're a popular suicide method. But no, they don't want to increase access to timely, affordable, quality mental health services; they don't even want us to have disability/unemployment benefits or help finding a career. That doesn't do anything for their sick ego trip. They wave it off saying shit like "we already have that sort of thing" or worse "they just need to find Jesus." Those fuckwads don't care if our lives are agony; they just want people *alive* to fuel their delusion of having "saved" people.

2. I theorize that people spread platitudes like that because they know that, once they acknowledge the fact that life is nothing more than a steaming pile of horse shit, they will start to question their own existence. Most people don't have the brainpower and/or willingness to delve into philosophical issues, so they go about their meaningless lives with work, bills, family, Netflix, etc., while convincing themselves that life is fucking grand and that they are actually valued by society. Of course, it doesn't help that psychologists and psychiatrists send you to ~~thought prison~~ psych wards should you disagree with the status quo and label you as "mentally ill" unless you're walking on fucking sunshine 24/7. This only serves to perpetuate the idea and cement it in people's heads.

## **Suicide is like jumping from a burning building, but society would rather we burn alive than allow us to jump.**

I heard suicide as being mentally forced to jump from a burning building. The building being your life, and the fire being the problems and issues that build up over time. If we didn't have those problems or issues, the fire, a lot of us would stay, or at least endure it a bit. But if the fire starts, and keeps building. Eventually, jumping out the window becomes the preferable alternative.

The fucked up part about society is that they don't want to put the fire. The issues and problems are considered "normal" in a sick society. Instead, to address the "problem" of suicide, they bar the windows. This fucked up principle already happens in a literal sense in Japan. Schools have fenced off roofs so students can't jump. Office spaces and workplaces also have barred windows for the same reason.

Rather than address the stress and inhumanity of their schooling and working conditions, they would rather their people roast alive in the fire than let them jump. I wonder if I already died and this is hell. Because this sure sounds like hell to me.

## **Happy people can be so cruel.**

Why is that? I mean people that have everything: family, houses, cars etc., - everything that this society defines as success. I keep meeting them all my life and they seem to be the most aggressive and hateful people all around, especially towards "weaker" people and those that have less money. I don't get it. Why they think that they can bully me, insult me etc. I don't even care about the stuff they consume. They are not even able to impress me with their toys because I don't give a damn. But still they think they have the right to shout at me, bully me at the workplace, call me fag, poor. They think they have the right to tell me how I should live, that my life is wrong, that I should live like them, that only their way of living is good. I was living poorly my whole life, for many years, even hungry and when I finally got into the job market I have to listen to this from people that have rich parents and always had everything with little effort. What is wrong with them?

### **Best Response**

It's proven that sometimes financial stability and wealth, especially from childhood, can make a person egotistical, "mean", and cruel. The sad truth is that power and wealth corrupt societies morally. The feelings of superiority can make a person feel very empowered and therefore look down on poor people, and even rich people, but within a lower class. That's the disgusting truth about power and wealth that humans hold dear so much.

## **Optimistic and positive people are irritating.**

They are so shallow and full of themselves. I just can't stand them. They tend to blame victims, be self-righteous and self-aggrandizing. But most of all, they are fucking hypocrites. I hate having to listen to their feel-good platitudes as if I haven't heard them a gazillion fucking times already. "Be positive!" "Don't be depressed!" "Everything happens for a reason!" Shut the fuck up already you stupid normie cunt; tell that to a kid who lost his parents in a car crash because of a drunk driver. Go on. Look that kid in the eye and tell him his agonizing pain is his own fault, you piece of shit.

All of this positive drivel is absolutely appalling and horrifying to hear. It is simply shameful. No. I don't find these people irritating. I despise them. I hate them. They wonder why their friends committed suicide. I know why, because they didn't listen to them, because they blamed them. Because they gave them an ultimatum: swallow the positivity pill, shut the fuck up or be ostracized. That's why. Your vapid positivity is responsible for your friend's suicide. Bet you feel ashamed of yourself now, huh? Welcome to reality, buddy.

## **Why the fuck are we so judgmental about irrelevant aspect of humans?**

Easily my least favorite aspect of people is making fun of or judging people based on whom they fuck, what they wear, what their hobbies are, what they eat, etc. Why is it not more popular to judge someone exclusively on their actions and their personality? What's up with the weird obsession to make people so much like us that we legit want them to look like us?

### **Best Responses**

1. Because we like to divide ourselves at every available opportunity. If it looks, acts, eats differently to us, even if it *is* one of us, we cast it out. Different is a threat. We feel comfortable with things that are familiar and similar to ourselves, which just goes to show how primitive as a species we really are. I'd say we also like to elevate ourselves. Making fun of someone for liking a different kind of music or for being gay or dressing a certain way can make a person feel better about themselves, and humans like feeling good about themselves. People feel superior if they can fit inside the narrow margins of what society deems acceptable.

2. Because, for all our "intelligence" and "civilization", we're superficial, illogical, narrow-minded apes who are far too fond of indulging in "us and them" at every opportunity, an activity encouraged by both nature and nurture.

***“whom they fuck, what they wear, what their hobbies are, what they eat”***

Not that it makes such judgments right, but at least these things are - more or less - choices. Judgments based on things people can't change (examples ubiquitous) are the worst, and *boy* is human history littered with those.

## **Humanity doesn't deserve to be saved**

I find it despicable how Christians have convinced themselves into thinking that Jesus Christ sacrificed himself to save humanity and that if we only accept him, we will all be "saved". Assuming if Christ ever existed, here was a guy who helped people asking for nothing in exchange, and what does he get in return? He gets nailed to the fucking cross and dies in agonizing pain at the amusement of the Romans. Where exactly does that justify that humanity needs to be "saved"?

Human nature is never going to change because it is hard wired in our evolutionary psychology to be greedy and selfish to care for only ourselves and *maybe* our immediate family. So not only is accepting Jesus Christ as "your savior" an extremely selfish and deplorable act, it makes people think they don't have to take any responsibility for their actions. This completely defiles Christ's original sacrifice and invalidates any justification for God wanting to "save" humanity.

### **Best Responses**

1. I used to think that religious people were simply deluded, then I became wiser. While some are truly deluded due to lack of access to education and other convincing constraints, many believers on the other hand are simply in it for their personal wishes/preferences in life, they want it to be true, so no rationality, doubt or compassion could get in the way, thus, the evil in the world proceeds...babies for Jesus and babies for Allah, they are ok if their offspring suffer in the world, and are ok if other billions suffer in the hereafter. Eternal narcissism it seems.

2. I feel like sometimes Jesus had it easy. That crucifixion isn't so bad after 30 years of being worshipped by others and your only job telling lectures and stories. If you compare it say to kids in sweatshops their entire lives or those with locked-in syndrome. Like is a painful death the ultimate sacrifice or is sacrificing 90 years in a minimum wage job, humiliated, fat and unappreciated, watching everyone we knew and ever loved around us die when some of the worst people on the planet thrive and prosper beyond imagination? Personally the elements of religion I don't like is the comfort it brings to others, it's just a drug like any other that masks how shitty you have it. It tells them there's a next world where the roles are reversed. But this next world isn't coming. Some of the poorest people in the world are the most religious because without it how could they justify the horror of their lives? Still birth, cancer, strokes, rape, murder, slavery are all harder to accept when there doesn't seem to be an end game. Just my opinion of course.

## **Is anyone else happy?**

About the fact that we all know that life is a game of losing? When there is no real gain or purpose? When you realize that birth is mostly a net negative and you will end your toxic genepool. The real winners do not procreate as they will not pass on any suffering. We are all ticking time bombs created by a big accident. Life is war. War never ends and the only way to be safe is to avoid it like the plague because it results with two scenarios: you die a victim, or you live long enough to realize you won against the victim when you foolishly lose and die anyway.

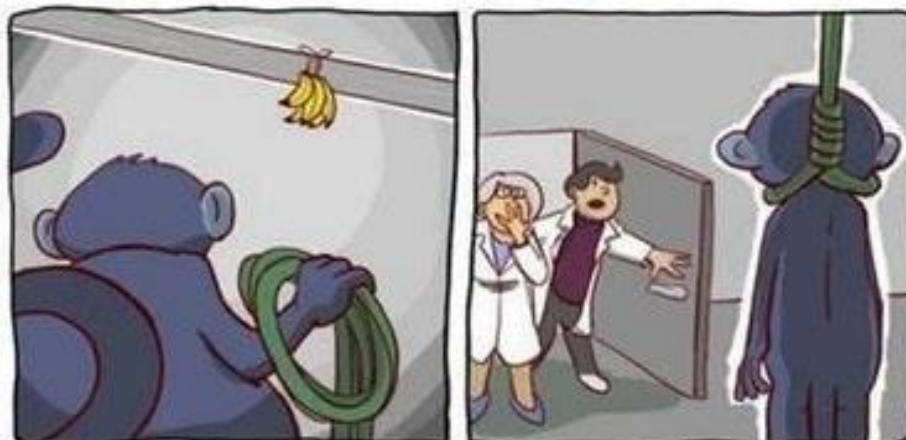
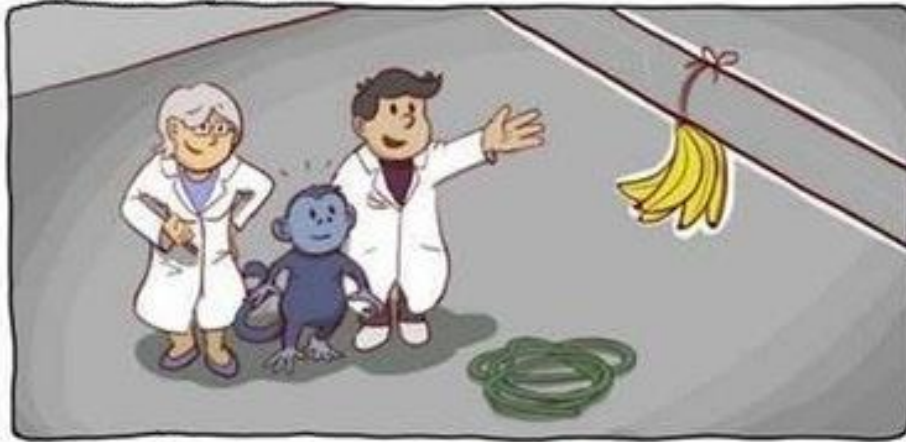
Don't partake in this big joke. The entire world is backwards. War is peace. Life is suffering. Ignorance is bliss. Knowledge is useless (those with a higher IQ don't really procreate). Power is greed. There are no heroes or villains. No morality. Civilization is pointless. They all collapse eventually because we are all animals but deny that by saying we are civilized. Give me a break. We are all beasts, told to be in these tax farms in order to hide our inner chaos because our ancestors were ruthless.

Leave this shit hole and don't bring anyone along with it nor create it.

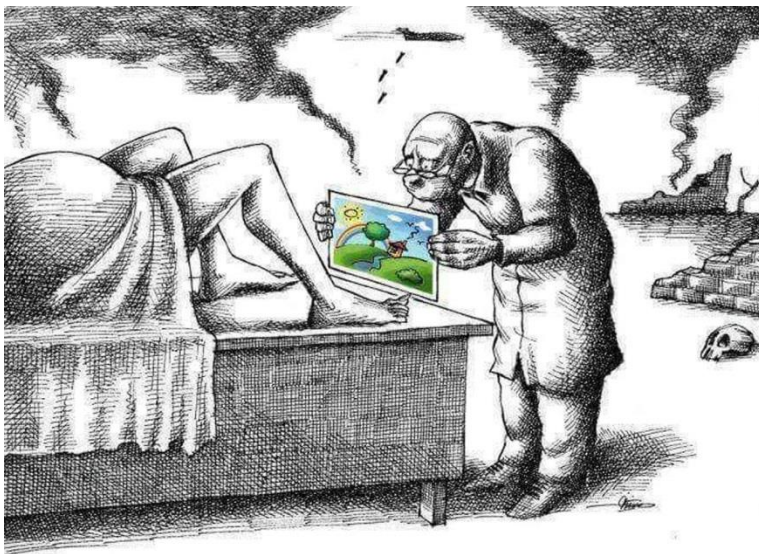
## **The hypocrisy of 'escaping'.**

I often hear from those critical of drug use: 'why do you need to escape? You're a loser. Grow up and face life 'unintoxicated.' The hypocrisy is this: everyone escapes. What is a trip to Disney if not an ESCAPE from the monotonous drudgery of your boring, everyday life? What is constantly socializing with friends and family if not an ESCAPE from the creeping negative thoughts experienced in solitude? What is the act of forcing a child into existence, if not an ESCAPE from feelings of inadequacy, loneliness, and a deficit of 'love' in one's life? What is clinging to the idea of some righteous personal god, an afterlife, a 'purpose' in life, etc. if not an ESCAPE from the harsh realities of our absurd situation? Trapped in a life-dream for a short while, with suffering everywhere and no true intrinsic purpose. Cold indifference permeates the universe. So, everyone escapes from something. People will spend a lifetime convincing themselves of something that isn't true, but someone sparks up a joint and suddenly they're 'escaping'. Hypocrisy and low intellect abounds. It's just another reason for ending the human race.

MONKEY'N AROUND







Humans are overpopulated. We're causing damage to the planet, and our own society is harmed by our numbers. Traffic, healthcare, classroom size, everything is affected negatively.

Yeh I guess.

So I'm not going to have kids.

Why not just murder everyone then if you have that attitude?

Why do people say such utter fucking nonsense as a result of me saying I don't want kids? When did I say I wanted to murder anyone?

If everyone was like you, nobody would have kids and we'd be extinct. Might as well murder everyone then.

Right, if you have two children, are you murdering your third by not having them?

Facts make me angry.

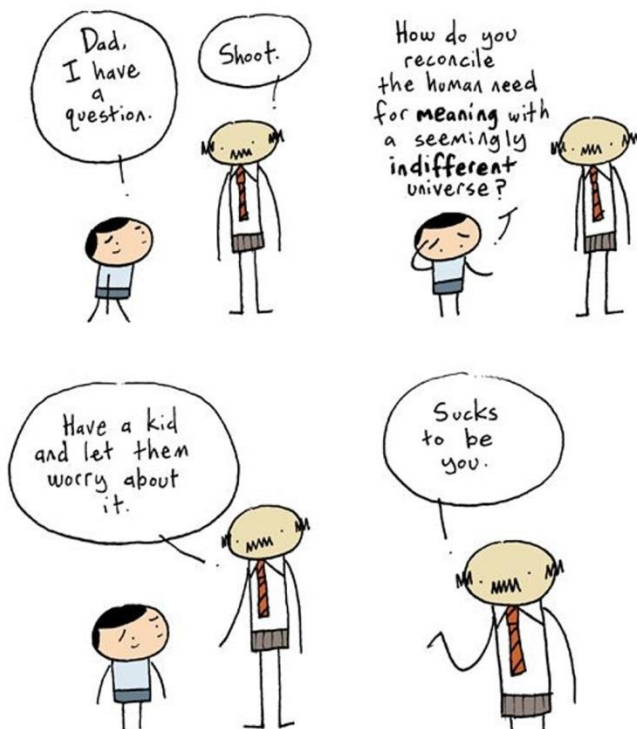


## CAN PREVENT FUTURE SUFFERING!

Before making the decision to have a child, consider this list of harms that can be prevented for YOUR future child:

- \* Natural disasters
- \* Structural violence
- \* Diseases
- \* Mental disorders
- \* Death of a loved one
- \* Bullying
- \* War
- \* Rape
- \* Disabilities
- \* Sexual dysfunctions
- \* Accidents
- \* Unfulfilled desires
- \* Boredom, depression and angst
- \* All physical/psychological suffering

**YOU** can prevent all these harms on a future being by simply **NOT HAVING A BABY!** Will your potential child be deprived of happiness if you do not have him/her? **NO!** Potential children do not exist, hence they cannot be deprived of anything! Not having a baby is a win/win scenario! Your potential baby will NOT suffer and will NOT be deprived of happiness. **PROTECT YOUR FUTURE CHILDREN! DO NOT HAVE THEM!**



## **Today I realized we only need laws because humans are shit**

If nobody ever wanted to hurt or exploit other beings we wouldn't need laws. I was so dumb not to realize this sooner and become a misanthrope sooner. If slavery was never outlawed there would still be people practicing it in as large a scale as before today. If women still weren't allowed to vote in western countries, most people (but not all) in these countries would consider this normal and acceptable. People like to think humans improve over time when really it's just that some practices are no longer the social norm because a few insightful and genuinely intelligent people outlawed them decades or centuries ago.

People are sheep and take their ethical stances from the current social norms/social contracts. This is why so many things considered unethical in one country and culture is considered normal and ethical in other countries and cultures. People can't come up with a morality by themselves. That's why so many need religion. What pathetic unimaginative fucks. To take their ethics from either social norms or their religion, tradition, culture, country or family. Laws are required to limit the harm that the majority of shitty individuals would do for the good of themselves or their families.

## **Too smart to be part of the sheep, too average to escape the dregs of the working class.**

We're smart enough to see the various ways society sucks. We're too stupid to change society. We're smart enough to see that we're slaves. We're too average to free ourselves. I think most misanthropes are in this weird middle level of consciousness. We took the red pill so to speak but for various reasons we'll never be able to become Neo (sorry for the horribly cheesy analogy).

I'd give anything to be able to take the blue pill OR preferably rise above this mediocrity via some exceptional talent/connection/intellect/fucking SOMETHING. Nope. I'm another zombie. I think most of us here are sheep we just have the curse of self-awareness, whereas the rest of the sheep do not, and the sheep herders are standing near us laughing, especially at us the ones who KNOW we're fucked but are unable to do anything about it.

Or then again maybe I make up a bunch of bullshit to feel better about myself, like I "get" something the "sheep" do not. Maybe this is just the argument of the loser, the sub sheep who blames the levels ABOVE him and writes them off as sheep and sheep herders. Believe me, that possibly doesn't elude me.

## **Why I Became a Misanthrope. Lookism.**

Growing up I was not good-looking at all. In fact I was below average/ugly. I got no dates, no girls, no sex and extremely brutal rejections. I coped playing video games and going to the movies. I could never become popular no matter how hard I tried and even making friends was extremely difficult. Fast forward to Age 22, after years of kickboxing, going hard at the gym, spending loads of money on contacts, supplements, getting expensive clothing and haircuts and maxing out my looks. My life has taken a total U-turn.

Now it is so easy to get dates, sex. I have almost zero rejection rate and so many people want to be my friend and invite me out to parties. I also get jobs more easily even if I don't ace the interview and I rise up fast too as well. The happiness and validation it has given me is so heartbreaking. Since I know the despair and pain I was going through just a couple of years ago.

I am not trying to hate on women, but they are in fact extremely shallow and materialistic. If you don't look, act, behave a certain way and not a part of certain social circles and have money, they will treat you like garbage. At the very least you need to look and act a certain way that is the minimum to get them to treat you like a human being. As a man, you have to give away all you believe in and change yourself into what women want to get them. Staying true to yourself and your beliefs will leave you with your dick in your hand if your lifestyle and beliefs are not appealing to women. Women love degeneracy. Almost all of them think the same way. Even nerdy shy ones, they are mostly the same.

Males too, treat you so much better when you look like a ladies man. In conclusion, the change in treatment I have received has made me hate humanity so much. "Looks don't Matter" is such a huge lie, "It's what's on the inside that counts" is an even bigger one. Being a good person does not matter in this world. All that matters is Looking Hot and having Money and Status. If you have those, then you will get treated with respect, love and admiration. If you lack those traits you will get treated like a dog with rabies. Human beings are horrible.

End rant.

### *Best Response*

Yeah, this is by far one of the ugliest traits of humanity. You won't understand it until you go through it. Seeing people through this lens is one of the most enlightening and depressing things you will experience, if you were lucky/unlucky enough.

## **Humans are FUCKING DISGUSTING.**

Humanity alone and the simple fact I'm a fucking human being is going to lead to me tying a noose in my closet and leaping off the chair. Or perhaps just buying a nice revolver and splashing my brains all over the fucking walls. Look at the fucking statistics for child FUCKING molestation (it's probably even much fucking higher because child sexual abuse is rarely reported). Look at the statistics for rape. Humanity is fucking disgusting and always has been- anybody who took a history class in high school would fucking know this. We are ugly chimps who breed like fucking rabbits. Breeders who willingly bring children into this world (especially to the ones who know they have genetic conditions) are fucking selfish cunts. Should I be surprised when all humans are little self-centered fucks with inflated egos?

I was walking around Big Lots when I was about 13 years old. Some creepy ass old man kept eyeing me and everywhere I would end up, he would end up as well right on time pretending to look at merchandise. He'd look at the products for a split second, then eye me down and sometimes wouldn't even look away when I glared straight back. He held his phone next to his leg as if he were recording. Thankfully, I got the fuck out of there when I notified my mom. A lot of nasty fucking chimps look down my shirt and smile (even my own family members) as of today, and nothing fucking disgusts me more than to know some stupid ass human wants to shove his diseased prick up my ass and sees me as nothing more than a baby machine. The fact that some nasty fucking selfish human even "wants" me is vomit inducing.

I'd say the average human is fucking stupid. Look at how many people believe in fairy tales as adults. How could you be so fucking stupid as to deceive yourself that a loving god is waiting for you once you die? That he doesn't want you to get an abortion, even if you're 11 years old and Chester decided he wanted to have some fun. That fucking somehow, we deserve the intrinsic suffering that occurs in the world? Whatever helps you sleep at night, little moo who thinks her shit smearing flapping retard that attacks others is somehow "a gift of god".



Fuck all humans of every age. I fucking hate most of you- excluding the rare emphatic being. I even hate your fucking little selfish toddler who thinks the world revolves around it. My misanthropy is going to very well lead to my suicide and I have no problem with leaving this diseased planet.

### Best Response

1. It's truly disgusting to know what kind of twisted shit a human being is capable of doing and it gets even worse at some places of the world, I once saw a video of a kid (10 or 12 years old) in some African country being burned alive in public because he stole a baby and was going to sell to buy food. This whole situation is fucked up, you have a kid committing a criminal act just to eat and then you have those monkeys burning him alive for something I think he didn't even know was wrong, maybe he saw people stealing all the time and thought that was something acceptable.

***I'd say the average human is fucking stupid. Look at how many people believe in fairy tales as adults. How could you be so fucking stupid as to deceive yourself that a loving god is waiting for you once you die?***

Religion is brainwashed in children's heads since they are young because they don't have the capacity to understand, most of them grow up without even thinking about it, just accept and live their lives in ignorance, a few actually think about it. It's funny because when I was in high school there was a guy that liked to talk about religion and I liked to listen to him but the more I thought about it more I realized it didn't make any sense and thanks to him I'm now an atheist.

2. You're definitely right. I also as well saw a video in Africa, where a kid had a tire thrown around his neck and he was burned alive for stealing a potato. Comes to show just how primitive we can be at our core, when basic needs are not met and when we start mobbing in groups. Give a human a cheeseburger, a fairy tale, and a law enforcing government and the primitive behavior becomes watered down, yet still very much visible.

3. Yeah, it's not pleasant when you finally come to the realization that humans are the most vile animal on the planet. Focus your rage into becoming someone who doesn't contribute to all of that disgusting shit. Become as close to Batman as you possibly can and kick some scumbag ass. Meanwhile, you'll occasionally come across something sweet or cute that will make life worth living.

### I hate positive people

They have had it too easy in life and they are naive. They piss me off because the reason why they are so optimistic is only because they usually have rich parents, they're good looking, no mental problems, nothing bad really ever happens to them. They post all this positivity shit online, go around laughing and smiling, rubbing their lives in people's faces. They always seem to be going out and having lots of fun. A lot of them like giving shitty advice and they think things work for others the same way they work for them. They can't seem to understand that everyone else isn't as happy as them. Well cunts, not all of us have coasted through life. Not all of us have supportive parents, tons of supportive friends, people there for you any time you feel sad for one day. Not all of us are good looking and have no mental problems. Not all of us get to live life on easy mode. Not all of us have things almost always go our way. If things never went your way, you know damn well you wouldn't be spouting this positivity bullshit.

### Best Response

Oh dear fucking god, the "Kermit the Frog" effect - that wholesome, good, nice person, and they are nice to everyone, and tell you to "be more positive" and "see life's opportunities" regardless of what your actual back-

history may be. They tell you life is all sugar plums and fairy tales - and to share (even though people steal your stuff), be nice (even though people walk all over you for it), and treat others with respect (even though they don't respect you if you do) - so fuck positive people and positive thinking.

And yes, some of them really do have a facade. A certain co-worker I knew who was schmoozing all our clients I recall. Get him with everyone and he'd talk about how everyone's so "awesome" and "gangsta" and "rock stars" - but get that asshole alone with me and we'd rip each other a new one - both honest truths - into the next fucking week. He just put on the nice-guy facade so he could become the "king" everyone likes - after about six months after I quit, that dumb motherfucker had everyone hating him but our clients - he got fired for drinking on the job, guess he had one three drink lunch too many.

Other ones live such gilded, primadonna lives that they have no idea what reality is really fucking like. They don't know what it's like to not have money, they don't know what it's like not to know where you will sleep tonight, they don't know what it's like to have people attacking you - verbally, mentally, or physically. They don't know what it's like to be blackmailed or manipulated. They don't know what it's like to be stuck in a system where the odds are stacked against you like a 100 foot tall monolith. They don't know what it's like to be ostracized, because they had money, social status, power, and interest in them because of what they represent and not actually because they have any life experience on par with actual reality.

## **I Hate It When People Say Evil is "Inhuman"**

You always hear this when images of genocide or cruelty comes up. "That's so inhuman", or "that goes against human nature" is said when people do mean things. On the contrary, genocide, racism, and murder for pleasure are uniquely human. You do not see wolves going out to kill for sport, you do not see bears grind up other animal's sex organs for fake medicine, sharks do not have concentration camps, and lions do not enslave others based on their race. The brutality that is seen in the modern is uniquely human and is seen in only humanity alone. To be cruel is the truest measure humanity.

## **It's all just a pointless and meaningless.**

It's just a twisted game. Majority of people are greedy, selfish, manipulative and would destroy anything and everything (innocent animals, nature, environment) to get what they want or just because they can. We are intellectually the most advanced species on this planet and yet the most evil to ever exist and I don't think that will change.

Almost everyone is looking for that dopamine rush from getting their pictures liked (instagram, Facebook, snapchat) people judging each other. Pointless dog filters on snapchat which you see everywhere. People posting quotes on pictures preaching to everyone as if they have everything figured out.

Nobody even stops just for a minute to just BE. Just have a thought, look around us. All the suffering, all the pain, all the meaninglessness of it all. Everybody is just so damn full of themselves. Everyone wants to be the best. Get the best. They just run over you when they can or when they want.

The daily 9-5 jobs. For what? To one day grow old and die off? I know in today's world you need to earn to stay alive but doing that at the expense of others? Just to earn some plastic and accumulate as much as you can?

And I also know there exist some genuinely nice people out there but I think we will never know them because if they must be misanthropes as well. Sometimes I just get tired of the meaninglessness and ignorance of life. I don't even hate people anymore. Just don't want to be bothered by them.

Sorry for the long post. I have been browsing this page for a while and find my views matching with the majority of you guys out. I just needed to get this off my chest. It's all just a fucked up game and we are going to turn to dust anyway so why not making it worthwhile instead of destroying and polluting everything. Thanks if you read it.

## **Why do people think you're depressed if you ask smart questions?**

First of all, I'm sorry if my English will be a little off, not a native speaker here. Also, this is my first post, so might be some mistakes.

So the thing is - I really love the topic of Antinatalism, I often explore it around the Internet. But there is one thing that annoys me the most. Whenever I search the topics like "I didn't ask to be born", "Why should I keep living if we're all gonna die?", "Why was I born into a poor family?" the only and always response is - "You sound depressed".

And more of it, they will add "I'm not a doctor, but you sound depressed". Jesus effing Christ, these people have no idea what depression is from scientific view and they still judge. I wouldn't say I'm depressed right now - I'm just sad. I hate life, hating life is my lifestyle, I can't see happiness, I feel like shit when I'm "happy" (as much as happiness can extend). Maybe that's depression, but, anyway, I like asking smart questions. Asking life and existence is what mind was given humans for (it is one of the reasons for sure) - to question everything. To find the meaning in everything. I guess people believe that being aware of what life truly is and being smart and NOT ignorant equals depression?

Also "seek help" is what always goes right after "you're depressed". The moment I read "seek help" - my blood starts to boil. "Seeking help" means going to doctors - hey people! NEWS FLASH! You give Doctors their paychecks! People always talk about getting help and curing depression like it's so fucking easy! PEOPLE, JUST BECAUSE YOU DON'T EXPERIENCE DEPRESSION DOESN'T MEAN IT'S SO EASY TO SHAKE IT OFF! Actually, the only way I think I can shake off mine is death.

So here's my advice to those who also hate when they're told to seek help. Instantly tell them to send you money. Say you're extremely poor, you can't get help, nobody (even parents) has money to help you, nobody loves you (they always say they do, but the moment the log off the Internet somehow love disappears, HA!), and give them your PayPal account. Say "if you want to help me and you LOVE ME LIKE YOU SAID YOU DO - send me your money! You must be happy and rich since you educate people how easy it is to cure depression! C'mon, I'm all hands in to accept your cash!" I never did that, but now I'm planning to do this to everyone, I want to see how they reaction will go. They will probably ban you or just stop talking to you.

Sorry if it was a long post. I just read another post suggesting that I should seek help and my blood is boiling. I just wanted to get it off my chest. Not sure if helped, still angry :) But if you're still here, thanks for reading! Write your comments and share your opinion. I'll be glad to read them.

## **Message to aspiring parents: do not assume the child you create will like being alive.**

My parents should have adopted a starving child from a 3rd world country, but instead they chose to create a child in the U.S. who wishes that he'd never been born. They created a child who actually cares about other people, who is actually concerned about human suffering. Someone who would gladly trade his life for a starving child who needs food. Please have some compassion, some empathy, in your decision of whether or not to pro-create.

Do not assume the child you create will have the free will to be whatever he/she wants to be. Every action will be determined by prior inputs in the brain. Happy endings are not guaranteed. Not in the real world. Please do not roll the dice. The number of children in foster care should be zero if the human race had any decency. Sadly, this is not the case.

## **People get downright toxic when you point out that breeding is selfish.**

It's kind of interesting to observe. To impose their genes upon somebody else is seen as a right. They immediately take offense at the idea that perhaps they shouldn't. I never wanted kids even before finding Antinatalism, so it makes very little sense to me. Makes even less sense when it's people with genetic diseases to pass on. Some kind of entitled "I had to deal with it, so that little shit can too!"? If this place is hell, then breeders are the demons ushering in new souls to torture.

## **I think it's important to constantly remind yourself that you never consciously chose to be born.**

As children, we are raised under the firm belief that we should be thankful and grateful simply for being alive and being taken care of by our parents. This delusional belief is so deeply rooted in our culture that simply questioning it almost makes one appear insane. Anti-natalism really helped me understand the simple, yet seemingly hidden, fact that I was forced into life without my consent and thus I owe absolutely no sort of obligation to this society or even the world as a whole. When I examine my life, I recognize that I had absolutely no sort of say in the family I was born into, the school I went to, the country I lived in, etc. I never recall making a conscious decision in being born. As far as I, as an individual, am aware, I was simply forced into this existence. If somebody is forced into a certain experience without consenting to it before hand, they cannot be ethically obligated to feel grateful and indebted towards it in any way, shape, or form. If somebody spontaneously buys you a gift and leaves it on your doorstep you are not ethically obligated to repay them with a gift of equal value in the future. Even if one firmly believes that life is a gift, they can't deny the basic fact that life is a "forced" gift. Even if somebody is given a privileged life that many would envy, that person should not be considered ethically obligated to repay their parents or society in any way for the cards they were dealt.

The more I understand this, the more free I feel from the everyday worries that fill most people's minds. It also makes me feel emotionally detached with a deep sense of apathy- I no longer feel bad about other people's misfortunes. I no longer feel as though I am judging myself or criticizing myself harshly. I used to spend lots of time examining my motives, judging my accomplishments, getting upset at myself for doing certain things a certain way, etc. It suddenly feels as though all the bullshit society has instilled into my fragile mind has been pumped out spontaneously. I no longer have to worry about judging my "self" because I understand that what I consider to be my "self" never consciously chose to join the game of life. I don't have to play the game of life in a certain way or take it seriously because I never even chose to join the game of life.

## **Doctor suggested I get pregnant to occupy myself and distract from my existentialist depression.**

I've made many trips to this awful clinic during a time I had no therapist, particularly to beg for sanctioned suicide. Most of the doctors made me feel worse leaving than before I had gone in. One of those doctors was actually quite rational and logical and took 2 hours of his day to walk me through my pain and listen to why I don't want to participate in this world, why I haven't wanted to for as long as I can remember, that I don't believe dumbing myself down to conform and tolerate the world as it is will help, etc. I was dumbfounded when he finally suggested I "might be so depressed because you haven't been pregnant and raised a child yet".

I couldn't believe that after such a long time of us talking, when one of the reasons I want to die is the prevalent sexism and misogyny I have to interact with on the daily, he still resorted to a sexist NON-solution to my problem. It was so absurd. And when I told him, "I'm never doing that. If I don't kill myself and manage to somehow keep alive until I'm 80, my children will only ever be adopted/fostered" but even to get to the point of adoption, I need to keep my suicidal thoughts at bay before I can ever be a great parent to those children. It makes me feel nauseous how many people falsely believe that having children will solve their problems.

Every single parent I know who attempted this is just as depressed as before they had children, they just slapped on "their reason for living" upon an unsuspecting person, forcing all kinds of unfair expectations on them and when the child inevitably disappoints the parent (because, news flash, the child is still his/her own autonomous person) they just go back to being depressed and tossing the blame on the child who never suggested to be here. And the pretentious attitude of parents makes it even worse. They think they know everything because they made a choice others haven't and therefore people who aren't parents couldn't possibly know?! Fuck right off. People are so mind-numbingly stupid, even doctors.

## **From birth until death, there is a lot less choice involved in our lives than we think there is.**

Many of the factors that have determined my overall quality of life have been chosen for me by outside forces.

I didn't choose to be born.

I didn't choose my name.

I didn't choose my body or my face. I didn't choose my physical features, my sex chromosomes, or my sexual orientation. I didn't choose the shape of my eyes or the color of my skin.

I didn't choose to be female. I didn't choose to have this internal organ that other people are so interested in (and succeeding at) regulating for me. I didn't choose to have less input in how I use this organ than a politician who has never met me does.

I didn't choose my genetic predispositions toward alcoholism, heart disease, and acne.

I didn't choose my parents, or their income level, or their education level, or their political beliefs, or their attitudes toward child-rearing and discipline. I didn't choose what foods I got to eat, what time I went to sleep, how many siblings I had to live with, or how I got to be treated.

I didn't choose my childhood influences. I didn't choose to be psychologically abused by my mother for the first fifteen years of my life. I didn't choose to be made into the funnel for my mother's anger and disappointment at

her own life. I didn't choose the ways my body and mind have reacted to fifteen years of being a human rage funnel.

I didn't choose the neighborhood I grew up in, or the schools I attended, or my classmates. I didn't choose having to spend eight hours a day in an environment I didn't want to be in, surrounded by people who didn't like me because "you're friends with Stephanie Williams and nobody likes her."

I didn't choose my friends so much as they were chosen for me, in that they never would have been my friends if our parents hadn't known each other/we hadn't lived in the same neighborhood/we hadn't gone to the same school.

I didn't choose to be subjected to an "education" that is designed to stifle children's imaginations and guarantee their compliance with authority figures. I didn't choose having to dedicate four to six weeks out of every year from ages six to sixteen to taking standardized tests that were and are completely pointless. I didn't choose the majority of the subjects that I had to study from seventh through twelfth grade, which were also mostly pointless.

I didn't choose the literature I had to read or the skills I had to learn to do the work to take the tests to pass the class to advance to the next grade level to graduate from high school.

I didn't choose my country or its culture or its social mores. I didn't choose to graduate high school in the middle of an economic recession of historic proportions. I didn't choose to start going through puberty two years after September 11th, when the country I didn't choose to be born in invaded Iraq. I didn't choose to be in the constant company of my country's obsession with guns and patriotism and killing and Jesus and "saving the unborn" and eating meat and hating and fearing immigrants. I didn't choose to be part of a country that simultaneously glorifies and condemns violence and simultaneously glorifies and condemns drugs.

In the making of the person that is you or me, how much can we truly be said to have had any choice?

### **[Rant] The pride people take in reproducing knowing how fucked up this world is.**

I really think nothing makes me more sick than the fact that people are PROUD of reproducing while knowing how fucked up this world is. When i was watching TV for a second I saw a commercial for a show where this mum had this terrible disease and still shit out a kid before she would die. Everyone was talking about what a "wondrous miracle" it was (a wondrous miracle happening 400.000 times a day). It seriously made me fucking sick how she could be so proud of herself. Those kinds of posts on reddit also make me rage the most. I've been reading [/r/offmychest](#) and [/r/depression](#) lately and the amount of people who pat themselves on the pat back for having "suffered for 40 years, but now my life is ok with my 4 kids :)))" has become maddening. You have been depressed and anxious and suicidal your whole life and still have the gall to reproduce? Either you are absolutely retarded or a vile monster. Take your pick.

### **27 And Just Burned Out On Life.**

It truly doesn't get better. All the people who claim that it does are either people who have never been broken or people who are able to get someone who cares. I have depression and anxiety and I can't get medication or see a therapist. Why? Well one reason is because I don't have a job, you'd think that a 27 year old would be working already, but every time I get a job I only stay for 3 Months at the most per year. The job market in my country is

shit and it's hard for a graphic artist to get work. The other reason is the fact that my Dad had a mental illness and the medication really fucked him up even more, plus therapist here tends to be religious. I'm trying to get fixed not fucked up even more. So I decided to get slowly worse on my own.

I have no friends to talk to and my family (other than my mom) does not care. No one even bothers to text or drop by. And the way that I feel is so empty, unwanted and alone. All through life I had to face problems alone, even so now. I just feel like a burden to my mom especially at this point in my life. And you'd think I can tell my mom how I feel and I did a couple a times and her solution was to carry me to a fucking Hindu psychic who fucking humiliated me in front of my family and made me out to be an asshole who argues with my parents allot when I'm literally the opposite. But hey the emo goth metal dude just screams asshole right. At that point I learned I had to just keep things to myself.

And It sucks, I'm sick of always having to remind myself of what's fact and not, sick of feeling unwanted, sick of being scared for no reason, sick of having to remind myself it's not as bad as it seems, sick of having to force myself to exist, sick of having to hide that I'm gay and an atheist and I'm sick of going through the same cycle over and over again. I'm just so burned out on having to fight with myself, the voices in my mind and the unfairness of the world. I did try to kill myself, many times already but either someone found me or it wasn't enough to kill me. I just hope one day I'll be brave enough to find a more effective way to die and do it. Because it's better to become nothing than it is to be alive and be nothing and feel it.

### **Depression and suicidal ideation wouldn't be called "mental illness" if the societal norm weren't cognitive dissonance.**

I have enough of others telling me I'm "sick" for acknowledging that I was born without my consent, that a major part of life consists of suffering, that the world is an unfair shithole, that we're all gonna die anyway, that there's no purpose.

I can only laugh at a "healthy" person calling me broken. A "normal" person that is happy with being a wage slave, who works most of their waking life and isn't upset with that, who consumes the flesh of murdered animals, who wants to impose life on new beings (without even considering adoption), who simply ignores the suffering of others, who believes in some sort of higher being, who tells others how to live their lives, who is okay with our exploitative capitalist system (not that there's a system that'd work), who is okay with illness and old age, who doesn't even reflect on what they're taught, who wants to force others to live instead of letting them decide whether they want to live or not.

I hate being called "sick" by some delusional, manic, "healthy", "normal" person.

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EDIT: I'm not saying that what we call depression can't be caused by an illness or that you have to be miserable all the time if you're healthy (or that I'm in any way knowledgeable on psychology anyway). Society's optimism bias and forced optimism is what grinds my gears.

### **Best Response**

Cognitive dissonance is a defining part of the character of not just many people, but many societies as well. In this case, this society deems the willful termination of one's life with dignity, painlessly and on their terms, as *horrific*. Yet it considers the forced, involuntary, painful, and traumatic treatment of the suicidal as *humane*. It's the same line of thinking of having to burn down the village to save it.

And yes, in many (most?) cases the desire for suicide involves mental health issues. And that's the problem; most people really don't understand mental health because unlike other health conditions, psychological/psychiatric issues are "invisible" to the external observer. So you end up with really unenlightened treatments and advice, esp. when it comes to clinical depression and schizophrenia.

### **Suicide from mental illness IS rational.**

Mental illness isn't a separate thing from experience. It's a part of it.

Mental illness isn't something outside of reality, but a response to it and a part of it. A person with mental illness cannot pretend it doesn't exist. He cannot say, "Well, I'm mentally ill, so LIFE MUST BE GOOD and I just can't realize it." The value of life is judged ONLY by the person actually living it. If you don't find life good because of mental illness, then life isn't good.

Mental illness isn't just a bunch of 'negative thoughts'. They affect every interaction and everything you do. Preventionists want us to ignore it, but you can't. If terminally ill people want to live without their illness, why can't you? In fact, it's more rational in your case. 60 years of living means more chances for things to go wrong.



*"The Idea That Success Equals Happiness Pisses Me Off."*

CHESTER BENNINGTON

1976 - 2017



## **What's the point in living if you aren't as happy/healthy as possible?**

What's the point in living if you aren't happy, have any social circles to depend on, and aren't emotionally healthy and satisfied with yourself?

In other words: What's the point in living life if you're severely depressed all the time, isolated constantly and refusing to go out, *and* pitifully low self-esteem and self-worth and self-confidence?

If you're severely depressed, you can't see the good in life. You can't truly experience good things happening to you because you just can't seem to think that way.

If you're refusing to go out and don't talk to anyone because you've concluded that you aren't worth anyone's time, then you aren't having those good experiences at all. You're just holing yourself up in your house, ignoring all these amazing possibilities that you can experience.

If you have low self-esteem, self-confidence, or self-worth, then you won't have the courage to live "fully", or make a point to have good experiences; you won't make yourself a priority in your life, and you'll put others first, which can be emotionally draining, and you won't work to do things that you've always dreamed of doing because you think you're not capable of doing anything noteworthy; you're convinced that you aren't worth the time of day to anyone, so why would anyone think to help you or even notice you? Then you get discouraged about everything.

Isn't the point of life to live as happily as possible? Live life to the fullest and take advantage of as much as you possibly can? Experience as much as you can freely?

What's the point in living if you're so depressed you don't leave the house for days or weeks, you stay in bed all day and eat barely 1 meal a day, you have no one to talk to, and you barely see any worth to your name?

## **Depression as a rational reaction, not a disease**

To me, depression is not simply a "mental disease". It can be a rational reaction to the utter bullshit of life. How can one go through life without getting angry, sad, upset, disappointed, defeated, bored, tired, and depressed? This is beyond me. Much of life is filled with DAILY bullshit you do not want to do. I am suggesting that depression can be a natural reaction to the bad parts of life. It is a response to the absurdity of living a pointless life where death is certain to come, with no possible escape. Death which renders everything you do here pointless in a 100 years' time. If one is honest with himself, how can the situation not lure him into depression?

Perhaps the opposite is true; those who do not suffer depression are the ones who are mentally ill. Those sheep who blind themselves to the utter pointlessness of their lives and bullshit illusions. Normal non depressed people love going to the malls and shopping for shit, feeding the machine of materialism, distracting themselves with any number of lives stupid distractions and working the corporate slave 9-5 with a smile on their face. Fucking losers. And they'll tell you you're the one with the illness for seeing right through this crap. For thinking about the absurdity of society and reading the works of brilliant philosophers like Schopenhauer who really got it. It's really pathetic the whole thing.

If you are a deluded worker drone consumer who is happy all the time and spending your work money on pointless, stupid materialistic things you are perfectly fine and normal in our society but if you want to think about your own life itself and the futility of everything we do here, and are miserable being a little slave you are diseased.

"Depression" is a convenient term they created to lump anyone unhappy with life under the same umbrella and call it a disease. Unhappy people are then "diseased people" that need treatment to become more like optimists. Optimists are healthy and productive to society and pessimists are diseased and need help and correction with medications. Clever ways for society to say fuck you to unhappy folks and keep people deluded and spending their money while keeping the cogs spinning.

Fuck them right back.

### **Our society is worthless.**

Capitalism is not about love, it is not about prosperity for the people, it is a system of exploitation that is completely controlled by and for the rich elites, who have convinced us to call it an economic system and ignore that under the guise of ideas like sharing, equality, freedom and so on but the fact is 90% of the wealth in this world is owned by that handful of elites, people whose names none of us have ever heard of but yet they live like actual kings compared to the rest, and these same insane people tell us the only way to improve our "fair" and "modern" society is to move "forward" and work as hard as we possibly can because one day we will make it, but no matter how hard you try you will never make it, just turn to the slaves who lived only to pick cotton in a plantation for the profit of their owners and tell them about what the spirit of moving "forward" is and you'll get the truth, just turn to the Jews who were living in concentration camps being starved to death and tell them what the spirit of moving "forward" is, and I think you'll also get the truth, because the reality is our system is very little different from feudalism or fascism, just infinitely more sophisticated. It's the same thing now as it was back then, society is all but a sad bunch of intellectual prostitutes that are owned and controlled like animal stock for the pleasure of their masters, our masters, the psychopaths in power who control the sources of all wealth in this earth.

But the saddest part about this is that most of the world will never see or know the truth about it. The massive multinational corporations who control most of the world's flow of information will never let it slip into the public sphere. So go ahead, society. Keep moving forward as they say, because you really are only moving forward in to your own graves.

### **Best Response**

And while all of what you mentioned is going on, they stigmatize things like "falling behind" and mental illness caused by the grind of society, while continuing to place ultra-importance on tangible and arbitrary things like physical appearance, monetary wealth, and overall societal status.

Every time a job gets outsourced and they replace it with automation or cheap slave labor, they call that "progress", while out the other side of their mouths they happily issue a pink slip to the poor dolt who just lost his job and now must succumb to the shuns of society as he "tries to get ahead" again.

If you get depressed or cynical throughout this whole ordeal, you'll undoubtedly receive the inevitable pep talk from the blind masses about how "life is what you make it", not even for a minute realizing that ALL of our lives are controlled by a select few whom delegated themselves to be our rulers.

## Screaming Into The Abyss.

Nothing is right.

Nothing is wrong.

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Like most people, I started my life believing in humanity's social concepts. Right and wrong. Good and bad. Happy and Sad... The more I think about it, the more I realize that these are just words and nothing more. They're concepts put together by baseless animals that have the fucking gall to consider themselves an authority on the world. Life is good? Hate is bad? Fuck you. Life is nothing. Hate is nothing. You are nothing.

Happiness for me is nothing. It's away. It's gone from public view. It's anonymous. It deletes itself every few months so it doesn't get noticed. I don't want to be noticed and I don't want to notice you. If I lock eyes with you, it isn't because I wanted to, it's because I was expected to. I don't want to feel like I'm obligated to enjoy the company of every single hairless monkey I meet just because they're standing there. You're not valuable just because you breathe and inhale calories.

Yes, I smiled because you smiled. I laughed because you laughed and I talk to you because you expect me to talk to you. There is no joy in any of it. Every single thing involving people is *forced*, especially with the ones I know well enough to have practice tolerating. My "friends" and family members cling to social norms, yammering away about whatever the flavor of the week happens to be, joining the lemmings on their way down the cliff-side to this week's sharp-rock-infested drop into drama, games, elections, religion and celebrity.

I hate all of it. The fads, the mainstream hive-minded bullshit. Here's a new phone. Here's a new game. Here's a new job. Here's a new baby. Here's a new car. Here's a new life. Here, someone died. Isn't that sad? Here's some pointless crap that you **should** care about because if you don't, you're a shit person. Pray for my self-induced obesity-fueled disease that I'm too fucking blind to see is my fault!

You know, I would rather everyone on earth at least be truthful with itself and stop playing the theatrics. I could actually begin to tolerate some of the chimps on this rock if they would act at least somewhat decent to begin with. Tell us your fears, your anxieties, your troubles and stresses. Everyone has become just a husk of themselves, scared and crying behind their own mental walls, too afraid to touch the psyche of others for fear of rejection and ridicule. No one opens up. I'm almost convinced that the entire world is misanthropic and is only pretending to get along for the simple fear of exile.

"How's it going?"

You know what Mrs. Cashier. It really *re-he-heally* isn't going to well at all! I woke up this morning and had to listen to that chalkboard your voice is running its nails down, as hard as it was to hear from all of the bullshit you hadn't washed down from your daily Fox News/CBS/CNN/Huffpost/whatever breakfast inhale. Please, promptly replace yourself with a robot that does exactly as it intends, rather than what it is scared into doing for fear of being fired. I'm not your fucking friend. "How's it going?" Fuck you, that's how it's goddamn going.

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But at night, I can be at peace. The world shuts down and the lights go out and here we are, reduced to whatever we call this.

Most people would consider a reduction a bad thing, but not in this case. We're concentrated into raw emotion and outgoing voices. We're just words without faces. Isn't that pure? Isn't that what we really want humanity to be? Pure? Honest? Truthful? That's what we're all here doing. That's what these rants that litter this sub and others like [/r/letitout](#) and [/r/rant](#) are about. Being yourself. Letting it go. Sharing.

But if we're so misanthropic, how can we bear the weight of sharing with others? I read this on a few other posts here and I think I've boiled it down. Deep down, somewhere in each of us, we still do think that somewhere in people there is something good, and there is, it's just clouded and dismal. For some, they may even be locked out of their ability to care, too hardened by the shit of the world to ever see through it again.

Here, we have nothing to lose. We are anonymous and temporary in every sense of the word. Don't like what I have to say? That's fine. I can be gone and back in an instant under an alias and no one is the wiser. I've been hundreds of people, faces and voices and I can be anyone or anything I want to pretend to be at any given time. There's no proof needed because we can all do it. Bridge burning might as well be a sport.

However right here, right now, I said what I honestly and truthfully believe for the first time in months. These are things I would never tell anyone to their face but I'm perfectly fine with strangers dissecting. This is life to me. This is what I crave; **truth**, and here on the internet, it's just about the only place I ever hear it anymore.

So thank you. :D

### **I hate it when people tell you to follow your dreams, as if it was the easiest thing in the world.**

When you tell them that you hate your current life, job, relationship, etc...They tend to tell you that you should follow your ideal lifestyle, which in my opinion is a total bullshit. If this was true we wouldn't be complaining about it, you stupid optimist. They think that the world is a Disney movie in which all your problems get solved and you have a happy ending if you stay optimist and follow your dreams. Fuck that!

#### **Best Response**

It is total bullshit. I've FOLLOWED those fucking dreams, and where have they got me?

I'm now a constantly broke, 34 year old IT support tech with no college degree, nothing to show for those "Dreams", and people constantly now telling me, past turning 30, to give it all up, pop out some babies for life purpose, and join them in a rat race of material accumulation for sport and status.

Those same fucking people were there 10-20 years ago saying "follow your dreams, you can do it!" or "you're so talented, so smart, you should try" - truth is, "Dreams", especially the kinds of things these people think you should follow be it becoming a mountain man furniture builder or a famous musician, are just that. You can only believe them if you are sleeping!

So-called "Normal people" have to believe in the happy ending, the rainbow at the end of the rain storm, the sunshine, unicorns, and the tooth fairy so they can go through life with that perpetual smug smile on their face of self-importance. "So many opportunities Crankydude! So many dreams you can have! You're so talented and smart, there's no reason you can't do it Crankydude!"....yeah, fuck that shit. I'm just another loser fuckup like the rest, and I've come to terms with it.

Unfortunately, normal idiots can't come to terms with it, so they see my "coming to terms with it" as either some kind of sign of weakness or unwillingness to try when I've tried already. Truth is... You can be the best furniture builder in the world, but it does not mean shit if you don't have inroads to the chain warehouse store with Chinese made crap.

You can be the best singer on the planet, and wallow in relative obscurity till you're 50 years old living in the past cobbling songs together out of old songs in hopes to score that "big hit". You can either cover it with a façade of delusion that you are a master songwriter/singer, or you can be honest about it, but either way, people still see you as an old douchebag with a mic and a piece of paper.

I don't have dreams anymore that I follow - I play out an alternate reality in my head, and live there 99.9% of the time because that's how I get through my life now. It's the only way I can function in life without giving away that life is just absolute shit and not worth it. At least I have my brain, and a healthy dose of nihilism and apathy to get me through sometimes.

### **What is with this big push for anti-suicide campaigning? Since when does anybody else have the right to STOP somebody else from ending their own lives?**

The fact that we have so many anti-suicide establishments in place, and the fact that we'll throw tons of money into fostering the idea that people should "stay alive", speaks volumes about how little freedoms as individuals that we actually have. If you even so much as utter these words to a therapist or even family and friends, the first knee-jerk reaction is for them to say "don't do it!" followed by other silly nonsense like "suicide is a permanent solution to a temporary problem". But I reiterate: who is anybody else to decide that about YOUR life?

Not only that, these morons speak about death as if it's only cast down on the undeserving, not even for one second realizing that death is inevitable for every human on this planet. So who really cares if it's NOW by my own doing, or if it's 60 years from now in my sleep?

The only reason for this that I can conjure up is that by convincing the masses to stay alive, it keeps their profits (and their coffers) in check. Just stay alive....for ONE more day..... Then ONE more week. Just hold on for a LITTLE longer, they say. Yep, just make it to the first of each month so you can make your payments. Business as usual.

Imagine if the masses suddenly awoke to understand that death is no big deal and people suddenly started offing themselves at an exponential rate. That would be devastating to the richest 1% who owns you! I mean, devastating to their accounting ledgers, that is. These psychopaths don't give a single fuck about your well-being, or the morals and ethics backing it. We'll throw Jeffrey Dahmer in jail for mutilating corpses and storing the body parts in his apartment, yet the 1 percenter's demonstrate the same cruelty and neglect towards human life and they get away with it. Furthermore, we secretly and subconsciously aspire to be JUST like them, hoping that someday our depression and hard work will yield results and place on that same level of the totem pole so we can resume the exploitation of those "below" us.

The very fact that you CANNOT do whatever you want with your body should signify a public outcry at how outrageous that is, yet we have adapted to the position that nobody should ever feel that way "just because". The medical community and those who are supposed to be our caregivers will do anything to STOP you from performing such an act, but will do very little to help you solve your problems or to vent your philosophical angst. After all, an unhappy person can be taxed... a dead one can't.

## **Does it bother anyone else when people have kids for selfish reasons?**

One thing that always bothers me is when people have children for selfish reasons like they are afraid to die and be forgotten, or they want to live vicariously through their children, or worse still because their culture/race/ethnicity/religion tells them to do. It's as if they have no free will of their own, they just do whatever the group tells them to do, despite any wants the child might have. I am not against having children (although I will probably never have any) so if you genuinely love your spouse and future child or want to adopt, do so, but children don't exist to satisfy your own ego. If you really love your children you would want them to be happy and free and it bothers me to see people treat children as tools to be manipulated or serve a political agenda.

### **Best Responses**

1. Based on my own experiences I think many people have kids because it's a way of having a large amount of power and control over someone. Most people never get into positions of power in their work lives but having a kid makes you super powerful to that child.
2. Children are always, by default, treated as means. It can be no other way. Ants are bred as slaves/workers for the colony - Humans are bred as slaves/workers for the family/colony/society. Therefore, life is, at best, servitude, and at worst, slavery. Though essentially, they are one and the same thing.

## **People don't want to fix the world, they want to mold it into their image.**

If any one person were to have the power to remodel society in **their** own imagining of how things should be, then the result would almost always be dystopian in its characteristics. People in general have differing inherent biases, some more deeply held than others. When given the power to incorporate those biases into their society, those who are unfortunate enough to be caught in the negative bias will surely suffer, and those in the positive will prosper. Almost everyone from the stay-at-home mom to the construction worker, seem to always have a reasoning behind "why things are so fucked", and usually those reasons involve the blame of one or more persons or groups (i.e. Liberals, Conservatives, Socialists, etc.). If they had their way, these blamed groups and other dissenters would be punished or criminalized. The system would be built as to disadvantage these groups. And let's not forget that some people in those groups would do the exact same.

## **You were wrong mother, why did you curse me with life?**

You brought me into existence because you visited your cousin who had a baby and played with it, then you told my father "awwwwww I want one of my own" despite having two kids age 8 and 10. You brought me here to be your "cute " baby, like a cuddly pet no? This was wrong of you. Because of you I'm suffering, for your selfish want of a cute baby. My twin died at birth and you developed diabetes and multiple complications for wanting to be a mother at 37. So here I am all grown , you are dead mostly due to your complications , father is depressed , I born premature am of small stature , I suffer with multiple mental and physical problems . All so you can have a baby " of your own again" this was wrong of you. You told me it was a miracle I made it through incubation and being so tiny at birth my lungs weren't developed but now I have breathing problems , you were wrong again. You told me life is wonderful, you were wrong. Your selfish want for a baby has led to so much suffering and pain, I hate this world of cruelty I hate other people, I hate having to work, I hate being a Slave to biology and I hate you, you are dead now I am suffering .you were wrong to do this to me mother, couldn't you leave me in the void?

## **Natalism is the tyranny of the majority over the minority.**

Most people are glad that they were born and see nothing wrong with bringing a new child into existence. However, there is a minority of us who wish that we were never born at all, typically due to the various forms of suffering we are being forced to endure. The majority assumes that the children they create will like being alive. The majority never gives consideration to the minority. The majority continues to perpetuate human existence while ignoring or dismissing the concerns of us, the minority.

It might be true that most lives are relatively good, but "most" should not be an acceptable standard. What good is it to tell someone who is enduring any severe category of suffering that "most human lives are good"? It does no good at all! It's cruel, it's sadistic, and it's insulting.

Natalists and aspiring breeders need to understand that they are playing Russian Roulette every time they give birth to a child. The child you create could end up suffering immensely, thus becoming a member of the minority. Are you really okay with that? If so, you are NOT a good person.

### **Best Response**

1. This becomes even more pronounced when you bring non-humans into it. Imagine how many animals have had to be born, live miserable cramped lives on factory farms, and then either killed or abused until they outlive their usefulness. I sometimes wonder how much suffering animals have had to go through just to support my life - a life I don't even want to live.

2. To be honest I don't even think most people have it good. What was the statistic number that if you have food, clothes and shelter you're better off than 70% of the world? Anyway, whether that's true or not it still doesn't negate my opinion that I just BELIVE most people settle for mediocre then think they have it good. A lot of people don't want to question that they got handed a shitty deal.

## **Does anybody else find it interesting how niche Antinatalism is?**

I had this thought the other day. Essentially, the world is fucking bloated with suffering in its infinite forms. This is an undeniable aspect of life. Cancer, plagues, mental disorders, wars, poverty, violence, trauma- you name it.

Now, one would think with all this immense pain and horror that exists, something like Antinatalism would be more popular. We're constantly talking about how bad war, poverty, cancer, and depression are, so doesn't it make logical sense for people to realize that the only way to prevent these experiences from happening again is by ceasing to procreate?

But it seems like something as straightforward as Antinatalism is completely hidden away from the world, totally unmentioned, like it doesn't even exist. I have yet to see a movie that directly mentions Antinatalism. I have yet to read poetry about Antinatalism. In the history of mankind, not a single work on Antinatalism has been written except for a few works that were published in the last decade.

This is a mystery to me. I can't understand why Antinatalism is so niche and hidden away from the world. It seems like such an obvious concept, so logical, but mentioning it to anybody makes one appear crazy. It's almost as if the world is so inherently delusional that any sense of logic is regarded as delusion. It's so backwards.

### Best Response

Here are some reasons why Antinatalism is so niche, as you put it:

- 1) Children are a method of achieving symbolical immortality. Enough have already been said and written about that, long story short: People think they cheat death by leaving "their flesh and blood" to live onwards after they die, thus gaining some comfort during their lives. To criticize Natalism means threatening one's "immortality", this simply cannot evoke any other response, but hostility.
- 2) People tend to focus on positives, rather than negatives in life, especially when they have no bloody choice in the matter. It's a coping mechanism for dealing with the horrors of life, a Sour Grapes fallacy in reverse. When a person is forced to eat a barrel of shit and a juicy apple after that, they'll remember the whole experience fondly, because "that one apple was worth it in the end!" or "eating shit made that apple so much better!" or some other similar nonsense. Obviously, that influences one's reasoning when one is considering having children.
- 3) Since humans procreated long before they grew brains powerful enough for thinking, it's always been there as our brains developed. Basically, we grew up with breeding and learned to see it as an inseparable unquestionable part of life. So saying "having children is bad" is like saying "things fall upwards" to most people.

### What's more selfish than a breeder who believes in hell?

Coming from a religious background I always wondered, how could anyone who believed in the notion of "hell" have the heart to bring a child into this world and submit them to their "god's test"? It's one thing to know that your child is going to experience pain, loss, grief, sickness and death eventually but to a nonbeliever that is only temporary because there is only this life, but to someone who believes in an eternal life? They should at least consider the possibility that their child won't be a believer and therefore they will be condemned to an everlasting torture in hell, that idea alone should stop them from breeding, it's always a possibility you won't give birth to a clone of yourself, you will bring grief upon yourself, as a child to devout Muslim parents I can see how troubled they are while believing without a doubt that their daughter is going to get the "KFC treatment" in hell for eternity, even worse when they think they can guilt trip their irreligious child back into believing so they wouldn't feel guilty, so they wouldn't feel like they failed, little do they know they failed the moment they had unprotected sex and condemned that poor child into a life in a world like this. People devoted to a religion are slaves who breed more slaves without an ounce of guilt and with such dumb unjustified pride, why would anyone want to pass the shackles on?

### Best Responses

1. Religion and Antinatalism cannot go together. Religion gives bullshit justification for life, children (more children), suffering etc. etc... One who believes in religions cannot accept Antinatalism. Vice versa, the basic premise for Antinatalism is not believing in god and accepting the reality of life. Religion makes it even an obligation to breed. True Antinatalists are the wisest people, they see reality for what it is and do not use religion as an excuse to breed and continue the suffering.
2. I believe it's a false sense of confidence that leads them to follow through. Parents think their own kids are perfect. They think "Oh no, MY kids won't end up in hell, because I'm such a great parent and I'll raise them "properly". Its blind optimism and it fails to account that the person their child grows up to be is ultimately beyond their control. They can influence their path, but not truly command it.



## **Life is a costly affair.**

At every intersection you take in existence, a toll is required. Every decision you make, every move you make has a cost. And when you pay your fine, you're left with debt. The debt of what could've been and of loss. The more you go forward in life, the more that debt accumulates. And it will accumulate, to the point where you can hardly move anymore. To the point where existence in itself, becomes an unbearable burden. And then there's the feeling of debt towards others. The feeling of obligation towards giving something to the indifferent collective, to whom those efforts will do little to nothing. And even if there is an impact, it is rarely remembered in the distant epochs. And thus, does the debt of impotence rear its head. The feeling of failure that nestles itself in our mind, and makes us restless. Finally, there is the debt of vanity. The debt that we feel we are owed, not just by the indifferent collective, but by the greater indifferent world (by world, I mostly mean the universe and whatever lies beyond it, if anything at all). This vanity is what drives most into the depths of angst and despair. That absence of what we feel is owed to us in our existence which follows the running amok and constant, unabated wanting, and yet never being satisfied. "Surely, there is a reward for this" one says "surely this wasn't for nothing." But alas, it truly was nothing but "sound and fury", bringing with it, nothing.

## **Society has no right to complain about people jumping in front of trains or off buildings and "inconveniencing" the masses if they're going to ban suicide.**

Don't want people to kill themselves in public using violent methods that cause blood and organs to be splattered in the middle of the street? Then legalize suicide, stupid fucks!

No sympathy for society at all. Society complains about suicidal people: "Oh, why can't they just use a method away from the public?" Oh, fuck off. Someone was in so much distress and unhappiness that they killed themselves and the concern that comes up is "Oh, how inconvenient for the rest of us." Yeah, yeah. Fuck you.

Don't want to deal with people "inconveniencing" your life? Then legalize suicide and all of this'll stop. But no. Instead, let's force everyone to live and wonder why people kill themselves violently in public. Society is sick.

### **Best Responses**

1. I think society does in a way, a train driver just driving a train, and someone jumping on the rails, the driver sees all that, it leaves a mark seeing a dismembered body, so in a way I agree, that's why I'm going for a quick non messy way, I just want to leave, not hurt anyone else in the process

2. I very strongly believe in legal euthanasia, but I still think it's fucked up to traumatize people by committing suicide in public. The reason why most people don't think suicide should be legal is because they've never truly wanted to die. They believe that things can always get better, when in reality; they can get better, but not always. You can't blame them. They really think that suicide is never a good answer. Killing yourself in a simple and quick manner isn't as easy as one might think, but personally I feel that it'd be wrong to make someone watch me die if I decided to ctb.

**Does the absurdity of being alive ever just take your breath away? The fact we have to pay to be here, locked in misery, need and loneliness is beyond ridiculous really. And I have it pretty good compared to probably billions of others.**

*Best Responses*

1. Yes, I'm ready for death. Imagine being trapped in a ward forever. DECADES of misery. You gotta do what you gotta do. I had no choice to be born into this situation so i will take my last choice that's in my power and end this piss poor excuse for a happy existence in this fucked up wacky world that no one understands
2. Exactly. Blame the government's capitalistic agenda as to why a million people in the U.S. alone attempt suicide every year. And why should the government ban it? Because every successful person that is gone is one less person that has to pay for food and housing and interest rates and crap. One less minion to inflate the pockets of the top 1%. Think about it - Why is alcohol not banned? Because it generates money. Why is premarital sex not banned? Because the sex industry generates money. Why is smoking not banned? Etc. These things don't help you but as long as it doesn't kill you, the government could care less. But allowing people a peaceful exit does not generate money; in fact it will lose money. And as long as the government's capitalistic agenda comes before basic humanity, it will never be legal. It's sad that a broken animal is allowed a peaceful exit but a broken human isn't. Honestly, animals are treated better than humans treat each other in this crap society we live in.
3. Every. God. Damn. Day. I want to kill myself so badly, but I am so depressed all the time and so overwhelmed by how futile everything is (and overloaded with having to pay to be here locked in misery, need and loneliness as you said) that I have zero motivation to even do that.
4. Great post, particularly that you used the word "absurd" - which is the perfect word to sum up life. Absurd and arbitrary. We're given arbitrary attributes: your looks, intelligence, health, parents, location - all of these are arbitrarily given to us and we have no choice over them. YET, these things wholly influence the quality of our life. But no, that's not even the full story. Imagine watching a tennis match, and the two players come out and the umpire tosses a coin. But it's not a call to see who will serve first. It's to determine who the winner is and who the loser is! If you were in the crowd at such a match, you'd say that is absurd! That is how life works. Absurd and arbitrary.

**I find it so incongruous that the world tells you you're shit when you want to live, but then tells you you're valuable when don't.**

It's so woven into our culture and society that you are constantly told you have to be better to get anywhere, do anything or be anything. Want a job? You have to learn more, get more education, get more connections. Not perfect? Then you're shit. Want to be happy? Get more money, not enough? You're shit.

Want to make the world better? Get political. You voted for party A? You're shit. You voted for party B? You're still shit. You didn't vote or think they both suck? You're also shit. Want to be famous? Be hot. You're ugly? You're shit. Want to be rich? Take money from other people. You have morals? You're shit.

Want to be a righteous/moral person? Do everything you can to beat down those that are different. You'd rather spend your time promoting the good? You're shit.

It's fucking crazy. Just look at ANY social media comment chain and see how much people rip into each other for anything and everything.

"I think Applejack pony is best!" "WHAT? HOW DARE YOU LIKE WHAT I HATE YOU PIECE OF SHIT!!!!"

Life is this one big competition and no matter how good you do, you're always shit. It's not enough to just be able to pay the rent and get food. You have to be more than that or you're shit. You CANNOT take the time to be you. Even worse, you can't even take the time to figure out who you are. You have to be whatever the world demands of you, may it be a wage-slave or tax payer or a whatever.

Otherwise, you're shit.

This indoctrination is so deep that we do it to each other all the time without even realizing it. I am 120% guilty of telling people they need to work harder or be more. I say to people the consequences are bad if you don't do this. What am I really doing? I'm calling them shit. We all do this. It's embedded in our very language.

It's so deep that it's normal to expect to be shit. It's impossible to NOT be shit.

"You did all your work ahead of schedule? Well awesome! Here's more work! Don't want to do more work to take advantage of your excellence? You're shit. *Did you just ask for more pay for the extra work I'm giving you?* You're an even bigger shit."

Worst of all, this is completely normal! **We don't expect to be rewarded for being excellent. Instead we expect to be punished for not being perfect.** It's soul crushing.

So when we finally get down to the bottom and start looking for ways to escape we reject those stupid platitudes and most offers of help because they are completely incongruous with the rest of society. "The entire world has just told me for the past 35+ years that I'm worthless unless I do X. I didn't do X so I'm worthless. Make sense, now you're telling me that I'm not worthless? WTF? This is some sort of trick right?"

The disconnect between beating people down and helping them is so unimaginably far apart that it seems fake. Now I'm certain it's fake.... but even if it isn't, we can't tell the difference. That's how fucked up our indoctrination is.

Seriously, if someone was beating you with a crowbar until you collapsed and then said "All you gotta do is stand up and you'll be fine." Are you seriously going to stand up? Your first instinct is "Ah fuck, he's just going to beat me again." NOT "oh maybe he's right."

I can't even imagine any form of "help" that would actually work for me because of this sort of indoctrination. Like how deeply faithful people reject any and all evidence. They can't possibly reconcile their worldview.

I think I, and many others of us, are also similarly fucked up. And we can't even see it from the inside. I know I can't, I can only observe the problem when pro-lifers come along and say things that conflict with societal indoctrination. Only then do you realize how incongruous everything is.

### Best Response

You explained the mediocre hypocrisy of society, PERFECTLY. This is a magnum opus. Bravo, well done, thank you for this great post of truth.

No matter what, people think of you as shit in life and you are expected to accept suffering being a slave to societal expectations. But as soon as you finally break/give up/want to die, all of a sudden they turn two-face and want to "save you" and "prevent suicide". Pathetic, sadistic, torture.

I know what kind of career/life/person I wanted to be, I had a dream/goal, but the kind of career I wanted to get/achieve wasn't what society/people expect of me. Unless I give up everything that makes me who I am and submit to wage slaving in jobs I hate and play the rat race, I'm shit. I'm so (not) sorry that the life I dreamed of and hoped for doesn't fit in with pre-dominant societal expectations.

I'll omit it, I wanted to become a professional concept artist working in the video game industry (or for movies/animations/comics), I'm (not) sorry that I don't want to be an accountant or doctor or engineer or tradesman/etc., I'm also (not) sorry that I especially hate any job that pays unlivable wages/wastes the workers time. I am a socialist in a capitalist society and I dared to have the audacity to care about people/animals/the environment more than capitalist greed/exploitation of others for money/wealth/status.

I have spiritual beliefs about death but I'm neutral and refuse to take sides in the childish atheism/theism war, I love ironically shitting on both atheists and theists who argue because BOTH atheists and "science" and theists and "religion" have no proof of what will happen after we die, just speculations that crybaby argumentative atheists/theists fight over because BOTH cannot give up on the idea of thinking they KNOW what happens even though neither "science" or "religion" can prove anything after death or before birth, lol.

I hate racism/war/inequality/poverty/homelessness/the suffering of others and animals. When I die, I will not be ashamed for not fitting in, i am not ashamed to be me, in my last moment I'll be glad I didn't live out the rest of life as a slave to expectations. I will die as ME, not an empty shell sheep.

Fuck society.

## **Omnicide is the best thing that can happen to humanity.**

Omnicide is basically the idea of mass extinction, or mass annihilation where everyone on earth dies. And I fucking love the idea. And people get shocked like I'm out my fucking mind when I try to advocate it. Jesus, if humanity went *poof* if the fucking ruskies and Americans launched all they're goddamn nukes at once, and everyone died, that would put an end to my problems, yours and everyone else's. Because there would be no one left to have problems. There would be no greed, no corruption, no idiots, no nothing. The ultimate peace and nobody would feel a damn thing. Death isn't simply darkness, the idea of death precludes the idea of even sensing darkness or anything else, it's like sleeping, and I wish all of humanity would go to sleep and never wake up.

***Omnicide** (noun) 1. The total extinction of the human species as a result of human action. Most commonly it refers to human extinction through nuclear warfare, but it can also refer to such extinction through other means such as global anthropogenic ecological catastrophe.*

## **Why don't people question?**

Once you start to question life it opens your eyes. I think the only way you could possibly endorse this life is if you failed to ask questions or examine it closely. I feel like things could improve if people asked appropriate questions and acted differently. I'm Antinatalist so when you talk to people about it you often meet with surprise. It is disturbing that most people simply haven't bothered to question the ethics of having children. But there are lots of other issues that people have no opinion or rubbish opinions on. I am shocked that people could hear about yearly famines, world wars, and genocide and not question having children. Billions of people have suffered terribly through the centuries and none of that acts as a contraceptive and there are more people alive

than ever and Antinatalist policies is never seen as a solution. People post smiley pictures of themselves on face book. Where they are standing people probably died of the plague or in a war or got burned to the stake. They are coexisting with present suffering like ISIS, war and oppression, grinning away. It seems very self-centered.

### *Best Response*

I don't understand how anyone can be happy and positive in the same world where infants scream in pain, starving to death as maggots eat out their eyes. Where innocents are slaughtered en masse on a daily basis for no good reason. Where evil people are in power and live peaceful lives, never suffering any consequences for their actions. How can anyone remain optimistic in the face of such a bleak, cruel world? The only way anyone can be upbeat is through willful ignorance of the suffering of others.

### **A different way to view a parking lot.**

Sometimes when I pass a full parking lot, I can't help but think that if things went down and we were in a crisis situation, a lot of those people would kill me for a slice of bread without even batting an eye.

Civility is only a fragile, paper thin covering for the horrible monsters that we really are. Just look at how people act when their fast food order is wrong. Now imagine how they would act if there was no food. Take away comfort and convince, and people will do terrible things to get it back.

The worst part is that we do it to ourselves. We have the means to end hunger and poverty. We can cure disease and give homes to the homeless. But we don't, because we value paper (money) more than life itself. But that's a whole other topic.

### *Best Response*

Nature is like that. It's a killing ground as the food chain is maintained. Humans attempt to smooth this over and cover it up with peace keeping societies, but our natural way is to fight for survival, sometimes cooperatively, but in our overpopulated world we are competing more and more. Expect the veil to be uncovered more over the coming decades as resource shortages surface, our true nature will shine in all its blood soaked glory as our fragile peace loving societies crumble while Gaia makes her move.

### **Just realized that you need inequality in order to live a life of luxury.**

To enjoy the freedoms and luxuries of wealth you require inequality because you need to be so many times wealthier than others to enjoy the work of many in order to live that lifestyle. So there is no reason to believe that the super wealthy or wealthy would want more equality even though there seems to be the widespread accepted idea that everyone wants more equality. The 99% want more equality, but the 1% doesn't. If everyone had the same amount of wealth, no one would be able to enjoy the fruits of the labor of the many people that are economically beneath them. I never realized this before, pretty dumb of me. The rich benefit from the poor getting poorer. The rich benefit from poor people having tons of kids, that keeps the competition down low at that end of the scale, to keep prices low, to ensure labor is always cheap there must be "too much" of it. And so many of the 99% admire the wealthy purely because of their wealth. So weird.

### *Best Response*

The 99% are fed the lie that if they just work a little harder or smarter they too can someday be like the 1%. But for the 1% to even exist there has to be a 99%. As long as there are people who enjoy being rich and people who look up to them for it there will never be financial equality. And for every billionaire who gives generously to charity in order to try and improve the world, there are a hundred more that don't. I read an article recently about someone throwing a party that cost \$2m. Meanwhile some people will never be able to afford any kind of party their whole lives. The contrast is crazy.

### **Some people**

It seems to me that some people are just naturally happy and they have very little understanding or empathy with people not like them. They really don't get how lucky they are.

### *Best Response*

If they are naturally happy it just means that everything has fit perfectly in their lives thus far so they've had no need to question otherwise. However, should the day arrive when things do go wrong you'll witness a fury unleashed to rival the big bang. It's the same when some alpha jock hangs himself because his girlfriend broke up with him. He's not killing himself over her; he's killing himself over the shock of not having things go 100% his way for the very first time in his life. When you've known nothing but light the dark is one hell of a bomb drop.

### **Adulthood destroyed my will to live.**

When I was a child, I thought there had to be a reason why I was here. Because only adults can have children, they must have thought about this carefully. Yes, I was suffering back then, but surely no sensible adult could have brought a sentient human being into a world where a lifetime of suffering, misery, and despair is not only a possibility, but a reality for millions. "It must get better, I just have to work hard and be patient". I was sure someday I could get a taste of what most people take for granted.

Now that I'm an adult myself, two things are clear. First, I will never be able to have a normal life. Second, parents will keep amplifying and replicating suffering by having children. My life should serve as a warning to parents, but they've learned nothing at all. Worse still, they want me to have children to contribute to the system. How could I have children? An eternity in heaven could not make up for so disproportionate a punishment... and it can get worse.

I ask: What's the reason? Why has the future to be seem so terrifying? After I kill myself, parents will just bring forth other victims to take my place.

## **People paint parenthood as altruistic but it's the most narcissistic thing you can do.**

People portray parenthood as though it is a selfless charitable altruistic noble type of act. Apparently it's all about wanting to express those kind maternal and paternal urges and love and look after someone else.

If parenthood really was about looking after someone you could not justify having your own kid over adopting or taking someone in off the street. Because you aren't helping anyone by procreating, you're causing needs. If you wanted to help, if parenting was really JUST about looking after someone else or being there for them you would adopt or look after a homeless guy.

Instead they create new needs to fulfill their own needs. The reason for creating new needs over helping existing needs is of course narcissism, wanting genes to continue.

Also - why would women choose to put their bodies through pregnancy just to look after someone when they could look after an existing being to do that without putting their body through that? Unless it's for the experience of pregnancy which some want. Sometimes I think all the excessive comments about the beauty of a pregnant woman and the beauty of birth is just there to make people feel better about their life choice to wreck their bodies.

### **Best Response**

The idea that reproduction is a profound moral issue escapes most of us. It is counter intuitive because “creating new people, by having babies, is so much a part of human life that it is rarely thought even to require a justification. Indeed, most people do not even think about whether they should or should not make a baby. They just make one. In other words, procreation is usually the consequence of sex rather than the result of a decision to bring people into existence. Those who do indeed decide to have a child might do so for any number of reasons, but among these reasons cannot be the interests of the potential child. One can never have a child for that child’s sake. It is curious that while good people go to great lengths to spare their children from suffering, few of them seem to notice that the one (and only) guaranteed way to prevent all the suffering of their children is not to bring those children into existence in the first place.” -David Benatar

## **“Why don't you want to have kids..?”**

Umm Err

- 1) Because the world is over populated
- 2) Because I don't want to expose someone to the risk of cancer and mental illness
- 3) Because people can't consent to be born.
- 4) Because I don't need to have kids
- 5) Because our species is constantly at war.
- 6) Because there are millions of orphans and starving people
- 7) Because of inequality and exploitation
- 8) Because I don't want to make someone else face loss and death

I can go on..

And you? Why did you have 5 Children?

“Because I have a legacy that I need to pass on. I am Bill, son of Frank, night shift manager at Wal-Mart of Cleveland.”

*"I hate it when parents think of themselves as "heroic" or "selfless" for being overprotective of their children when they're the ones who brought them into a cruel world that they'll inevitably need to be protected from."*

## **Why do people implicitly assume you have people that care about you?**

Not everybody has family, friends, a significant other, etc. I've probably read thousands of "don't kill yourself!" spiels over the last decade or so, and almost all of them just automatically assume at least one person cares about them. Newsflash: That isn't always the case. I have none of these things. You not even being able to comprehend the fact that I don't is just another kick in the gut while I'm down and it shows that you do not have the ability to even slightly relate to the hell my life is. And I'm far from alone here.

And no, random internet username, you don't "care" either. You have no clue who I am and me dying in the next minute would have no effect whatsoever on your life. You wouldn't even know whether I died or just decided to abandon this account.

Just needed to get this off my chest. Some people really do have no reason to live, and I got one of those terrible hands. The only person who would notice if I die is my boss who would have one less wage-slave. But I'm sure he'll make due. Even some starving African kids have family and friends.

### **Best Response**

*And no, random internet user, you don't "care" either.*

Well as a random internet user, I do care. But I'm not going to be platitudinous and plead with you to not kill yourself. I care about anyone who comes here, whether they stay for a long while or a short while, whose life situation brings them irrevocably to this point, of not having a reason to live that truly makes sense to them. To those people, including you if you are one of them, I would only wish them a safe and peaceful escape from their personal hell.

## **Those pro-lifers say people who kill themselves are losers. But everyone dies in the end, so everyone loses. Life is a losing game. Everyone who is born has already lost. The only winning move is not to play.**

I never used to be comfortable admitting that suicide would make me a loser. That I was giving up. But I'm okay with it now. I admit - I'm a loser and have given up. Some games are simply unwinnable and I can personally say that my life is one of them.

Yes, I'm a loser. I'm not even angry or ashamed at myself. The game of life is inherently unfair. As soon as we're born we get a certain amount of good traits, and a certain amount of bad traits. Some people are born with all the good traits and none of the bad traits. Others are born with all the bad traits and none of the good traits. I'd say I lie somewhere in between.

Some people were simply born to lose. Others get opportunity upon opportunity to succeed.

And we all die in the end anyway. So why do these pro-life people think they're automatically winners, if they live all the way to the end of their natural life span? I mean congratulations on making it to the end of your natural life span without killing yourself! Your prize? Death! Oh...



# The Official Introductory Guide to Life

## **Stage 1: Birth**

Welcome to the world! The countdown to your death has begun.

You're here because your loving parents decided that having a child would make their lives better.

Ain't that selfless of them?

Now, I know what you're thinking: *I didn't ask to be born! What the hell, man?*

I hear you. But you know what? Don't even worry about it. Life is a gift!

Just you wait and see.

## **Stage 2: School**

Congratulations! You made it to the age of five! Now it's time to go to school.

There you'll have the shackles of ignorance cast off, and the gates of wisdom flung open before you!

Well, that's how we like to package it.

In reality you'll spend the next 15-20 years undergoing rigorous conditioning and social engineering.

I know, sounds bleak.

But just obey the rules, comply and conform, and you'll get a gold star! You want a gold star, don't you?

As part of your ~~indoctrination~~ education, you'll also be pumped with *essential* information.

Only the things you'll need later on.

Like knowing the mitochondria is the powerhouse of the cell. (That comes in real handy, trust me!)

We don't bother with the unimportant stuff, like personal finance.

No sir, only the essentials.

Once your programming is complete, you'll be good and ready for the next stage: Work.

That's right, kid! Aren't you glad to be alive?

## **Stage 3: Work**

So you've been given the gift of life. Now it's time to get to work!

Here you'll help other people get rich while you watch yourself slowly die.

Getting a job is a piece of cake. All you need is a degree and at least 5 years' experience.

Oh, and you have to personally know someone who's hiring. Nothing to it!

Once you get a job then the real fun begins.

From there on out you'll wake and dress, drive to work, toil for 8 hours, then go home and flop into bed!

Every few weeks you'll collect a check that the government scrapes its share from.

And the rest you'll pay in bills! But that's okay, hard work is its own reward!

Yep! Ain't life grand?

Now some people might say you're no better than a slave. But that's just not true!

You're not a slave! No. You're providing *services* in exchange for *money*.

So more like a prostitute when you think about it!

Anyhow, if you don't like it, you're always free to quit and sleep in the park!

Now, there's no need to get upset. You only have to ransom yourself for the next 50 years.

And when you're no longer of use you'll be ready for the next and final stage...

But until then, back to it! Your boss wants another yacht and it's not gonna pay for itself!

#### **Stage 4: Death**

Well, here we are! I know it's sad. And I'd cry for you if I could.

But turn that frown upside-down! It's not all doom and gloom!

There are still a few drops at the bottom of the tank, and we've decided that they're *yours*.

After all, you've worked your life away. It's only fair you enjoy the leftovers!

So kick back, relax! Taste the freedom before you go!

After that there's not much left to do.

Your health will rapidly decline. There'll be a flurry of doctor's appointments and blood tests.

And then you'll die! Drooling and choking for air in a hospital bed!

Not real pretty, I know. But it's what you were born to do.

Anyway, thanks for stopping by! Hope you had fun!

## **What is the ultimate con?**

What's the ultimate con about life?

I think it's probably the endless searching for something, for purpose or meaning when no such thing exists. But the search still continues. Because what else is there to do here besides seeking something, anything? It becomes a kind of desperation.

### **Best Response**

Well life itself basically. We don't need it, it serves no purpose, it's a non-stop struggle each and every second you are awake. Then it ends making it even more futile than it was already. And we are supposed to be thankful for all this. Da fuck!!!! What am I giving thanks for here?

Being ill, having to shit bricks night and day about where the money is coming from to keep all these bastard wolves away from the door, having to watch and witness everything around me burn away in the fires of time, watch as a new generation of arseholes takes over and will make the very same mistakes I did, or should I be thankful that I get to witness my own body fall apart no matter how hard I try to keep it going. Yeah thanks for that, thank you so much.

I wouldn't wish life on anybody hence why I'm here. But even when it was still all sunshine and rainbows it was still just a time waste, nothing more.

So yeah life is the biggest con going, second only to the "they loved you" myth. Ummm no they didn't. They abandoned me to this place, that's a funny kind of love if you ask me. All this, all this bullshit!!! That's love? Fuck off. That was nothing more than selfish self-interest on my old man's part. He didn't give a fuck.

But yeah I fell for it, I'm an arsehole right? I drank the Kool-Aid, I sucked on the titties, fuck me right? Yeah fuck me for being so stupid, hell I deserve it all for being so fucking stupid.

When you spend almost every second of every day cursing your old man I guess that means something went very wrong long ago.

This mortal life it's so tiring, it wears you down, it's so weary, so painful. It always hurts and it always will. So yeah I nominate life as the greatest of cons, after all without life none of the others would ever be an issue.

## **Is anyone else tired of the "suicide = depression" narrative?**

I find it incredibly frustrating now. And it seems to have become internalized by popular culture and the media and enshrined as truth in the popular psyche.

If I do ultimately terminate my existence (that's *IF*), one of the biggest things that bothers me is that after I'm gone, especially if I am "special" enough to be picked up by a local paper, immediately I will be remembered as some tragic case who "finally lost his battle with mental illness", the same way all suicides are now explained away. Every single element that contributed to my wanting to end my life will be boiled down to just one tired old cliché and lumped in a box as if I am just another example of the same phenomenon, as if I have exactly the same problem as everyone else and am part of the same group, another "victim" of the same, and the world can then extrapolate from others to pretend to understand everything about my life based on a cursory knowledge, when I am an individual with a unique story, not all of which neatly overlaps with popular notions.

And all that is an insult too great for me to stomach. NO!

Why do I find this so disturbing? Because my entire life, with all its incredibly complex history, thoughts, emotions, struggles, experiences, events, hardships, setbacks, joys, insights, trauma, hopes, dreams, aspirations, my entire personality, worldview, beliefs, values, everything I ever fucking stood for or cared about, all the countless years and hours of learning and growing and pain and overcoming, will instantly be simplified and trivialized into: "he lost his battle with mental illness", just yet another statistic. And no doubt labelled as "depression" regardless of whether or not I actually was experiencing "clinical depression" at the time. Cue the mental health awareness and anti-stigma campaigners, and a note about calling the Samaritans. Cue everyone calling it a tragedy and rallying round good-naturedly and well-meaningly, but ultimately misguidedly, to "tackle the mental illness epidemic", as is human nature after a great loss. And I can't blame them. We all need a cause to believe in. Just in my case, please don't do that for me. Don't squeeze my life and everything I was into this tiny little tube. (I won't care of course if I'm not here so in a sense it doesn't matter. But it matters to me now, and if an afterlife exists I swear to God I'll come back and poltergeist the hell out of all the journos responsible. For a while anyway, just so they get the message.)

And in so doing, the mental health "industry" makes it all about *them*. About psychiatry and their psychobabble. (*Apologies for being offensive; like I said, I'm angry.*) It's not about me anymore, or my life and existence. I'm just another poster child for the mental illness industry. How *dare* they? How dare they appropriate my life and death for their agenda? Fuck all that.

Let's get a few things straight:

- First, not everyone who dies by suicide is suffering from "mental illness", although large percentages are.
- Depression is not the only freaking kind of "mental illness", nor is it even the most disabling. I *know* what depression feels like. And I have experienced mental afflictions that for me personally were far *worse*, and I hope no one ever has to go through those.
- Life problems are not an illness. Mental afflictions are not the whole story. Life itself is hard.
- Financial problems are not an illness.
- Broken life dreams and shattered hopes are not an illness.
- Broken relationships are not an illness.
- Grief at loss (of a person, object, idea, belief or aspiration) is not an illness.
- Emotional scarring and psychic fatigue from traumatic life experiences is not as simple as a medical illness or a chemical imbalance.
- Sadness, anger and frustration when looking at the (present or historical) state of the world or at others' suffering are not a fucking illness. They are what make us human goddammit.
- Deep unhappiness, despair, or misery at the life one is living, are not depression, and they are not an illness.
- Existential questions and angst and dread are not an illness (not in a medical sense - if they are an illness they are "soul illnesses"). These aren't even on the radar of the vast majority of mental health "treatment" programs.
- Physical illnesses (which includes neurological) that diminish or destroy your previous quality of life are by definition not a "mental illness".
- [Edit: Left out: Socio-economic problems, inequality, injustice, deprivation, destitution, dysfunctional living environments, emotional neglect, isolation, and misfortune, and the misery that stem from these, are not an illness. And by continually classifying them as such in this lazy and simplistic way, we avoid collectively facing up to uncomfortable and inconvenient truths about our society and the causes of ills, or focusing fully on whether any reform is possible, and that is why the suicide=depression/mental illness narrative is not only dangerous and misleading, but in my mind actually unethical. It allows us to perpetuate the very injustices and inadequacies that are often at the root of the problem. And moreover, *invalidates* the experiences of those who suffer the realities they do by turning the problem on its head

and subtly pointing all responsibility back towards the sufferer, but not at their moral character failings as was done in the past and has thankfully become outdated; this time by using medical disease as a morally neutral scapegoat. If we are going to use the term *illness*, I think in many cases (not all) what we are dealing with could be relabeled "social illness" as much as "mental illness".]

Quite frankly, I feel the mental health "industry" ruined my life rather than helped me in any way. Yes, sorry to psychiatrists who get a battering and are just doing their job and want to change people's lives. You're only human too. It's not necessarily you; it's the system and ideology you are part of and the deep-rooted societal and institutional and political stigma that makes life post-diagnosis a shadow of one's former life, and disrupts future career aspirations in the same way as a criminal offence. (If "mental illness" really is an illness, how is it that we are punished for having it? Does a cancer sufferer live in fear of the effect the disease will have on his job prospects? Or be denied basic privileges others enjoy?)

My life has been irreparably damaged by having contact with this "system". When it has been changed; when laws are passed to ensure that having contact with mental health professionals does not go on a permanent record and destroy your life dreams; when people do not have to live in visceral fear of being locked away in a clinical, artificial environment when they are at their most desperate and in need of support and freedom, and branded for life for being *ill* (with seemingly no possibility of ever rescinding the diagnosis and its associated stigma in the event of eventual recovery); when people's lives are actually made *better*, not worse, by contact with psychiatric services; then we can talk. As it is, I rue the day I ever set foot in that doctor's office and watched my life and potential evaporate. Everything I am now, I have achieved *in spite of*, not thanks to, the "help" (or lack of it) I received. And that is not funny. I have had to overcome most hurdles myself, and now the one major obstacle that is holding me back, constantly standing in the way of the life I want, is the stigma and branding I shouldn't have to carry. I've done nothing wrong FFS, other than live. So don't make my life and death (if I ever do choose that route), every single thing I have ever experienced, all about "mental illness". Just please stop. Honestly, hearing it makes me feel ill.

Life is complex and tragic. And the modern Western culture in which I find myself has chosen to pretend everything is simple. Because it's easier that way. Humans like black and white, and stories to believe in, to explain the world. Like "everything happens for a reason" and "suicide is caused by untreated depression which is a chemical imbalance in the brain".

But stories are not *reality*. Reality cannot be put in a box like that. It is too big.

So will people please stop assuming that in order to think about suicide you must be "suffering from a mental illness (aka depression)"? Stop pathologizing human experience. Stop *denying* us the right to *natural* emotions for God's sake. By doing this, you strip us of both our humanity and our dignity.

Camus said the only serious philosophical question is whether or not to commit suicide. Shakespeare wrote, "To be, or not to be?" Were they mentally ill? Unable to exercise rational judgment because of some brain disease? Maybe they *were* ill. Deeply troubled at and sensitive to life, but not all afflictions of the soul are a medical condition.

Depression is a real problem that makes life unbearable for a lot of people. And it *is* heavily linked with suicide if we choose to classify things that way. But it is not the *only* thing, and does not apply to all people.

/rant

Edit: Anyway, don't want this to be just another antipsychiatry rant. What I'm trying to express is a bit more subtle.

And I know this is a bit confused; I can't hold mental health professionals accountable for the ignorance of the media, which we all know acts irresponsibly. This is much bigger than one person or group. It is an institutional problem of collective consciousness. It is not a personal vendetta against specific people, even though I don't hide my anger and frustration. It is ironically partly that anger that keeps me here.

Also, disclaimer that this is not intended in any way to belittle or discount people who suffer from depression or argue what they're experiencing is not real or does not qualify as an illness. It's that outdated stigma that is the reason we're in this whole mess. As I said, it's subtle to articulate and I can only speak of my own personal experience.

I'm just tired of seeing things like: "Robin Williams [/insert name here] died from depression just like people die from cancer." No he didn't. How do you know that? What do you know about his private life? His relationships? His financial troubles? Whatever life stressors were in play at the time? The myriad chain of events that led up to it? His views on life, the universe, everything? Did he personally explain to you the precise reasons why he killed himself? Of course not. Even his own family and closest friends can't really know completely because no one can truly experience reality inside another person's head. (He might not even be able to articulate all the reasons to himself.)

So please do him the honor of respecting him (and others like him) in his death and respecting his family, and stop speculating so confidently and widely about a life that isn't your own, and trying to fit everything into a neat little box to further a particular agenda, even if that agenda may stem from noble intentions. It may even paradoxically have the opposite of the desired effect because although on the plus side it provides great comfort and helps to absolve shame, which of course I fully support; it is also deeply disempowering and fatalistic. And feeling powerless and helpless often lies at the heart of this malady. I don't want to pull the rug out from under people who truly mean well, but just to point out there is another perspective that needs to be taken account of.

Thanks.

**"Life's not fair! Life is tough! Welcome to the real world" "Oh wait you want to commit suicide? LIFE IS A GIFT AND EVERYBODY LOVES AND CARES ABOUT YOU!"**

This attitude that MANY people hold pisses me off the most. We seem to love talking about how much life sucks but the second someone says "screw that" all of a damn sudden life is a beautiful gift. I personally believe that almost everyone deep down is miserable and the only reason we don't off ourselves is because our fear of death. There are people out there that would honestly want to be immortal. I just don't get it.

### *Best Response*

Yesterday, my garbage disposal broke. I was pouring potato peelings down the drain, not realizing that these are one of the number one cloggers to a garbage disposal. Being stupid, I decided to keep running it, hoping eventually, the pump would be stronger than the clog. I was wrong. Part of the disposal sprung a leak. It is now internally damaged. I put a bucket under the leak. The disposal still works, it just leaks into the bucket when I use the sink. **A temporary solution to a permanent problem.** I know that at some point, I'm going to have to throw out that disposal. This website, the tasty foods I sometimes enjoy, the few moments I spend with friends and my wife... these things are my bucket. *I am* a leaking garbage disposal. Eventually, a bucket won't be good enough. Unfortunately, no matter how much I want to get rid of the damn disposal, nobody will ever want to buy a new one. They are too expensive. They'll be more than willing to keep shoving a damn bucket under my sink, though.

## **There's no such thing as "wasting your life" since all of life is completely meaningless.**

I sometimes hear or read from other people that because I'm not doing anything financially beneficial to the economy (aka - getting a job), I'm "wasting my life" and that I'll somehow regret it.

I recently got this from my parents who were yelling at me at how I'm going to regret not getting a job, or look back when I'm old with regrets because I'm not going to achieve anything people will care about or whatever.

This is a common misconception - even with people around here; who write about how they're such failures because they didn't do this or that or they're stuck in a certain environment or position that doesn't appeal to them. Folks - there is no such thing as a wasted life. We exist because two people decided to fuck. That's it.

The things that determine success are all decided upon arbitrarily by culture, the genetic lottery and arbitrary timing. In another thread I explained how luck is the biggest factor in determining success.

It's so strange to me when people tell me I'm wasting my life because I don't work. I mean as opposed to what? Wasting my life making an employer rich while I toil 9 hours a day doing a task that I have no interest in doing? I seriously have no idea how these people determine which tasks are meaningful and which tasks are not.

Now, whether we enjoy doing the certain activities we're required to do or not, that's a different story but if I'm enjoying doing a certain activity that is most certainly not a waste of time nor a waste of my life.

Life has no objective meaning. There is literally no compulsory rule in all the universe that says I have to get a degree, get a good paying job, get married, specifically buy a diamond ring, learn to drive, buy a car, buy a house, celebrate traditional holidays, decorate a Christmas tree, brush my teeth 2 times a day, wash my hands after every meal or whatever else. This is just stuff that people made up to give them something to do to pass time. The universe doesn't care if you do or don't do any such things. It's indifferent to all the actions everyone and anyone will ever do.

You can look at it in two ways. Either that there is no such thing as a wasted life because life is objectively meaningless or that everything you do qualifies as waste of time and therefore you are "wasting your life" regardless of anything you do. But they both pretty much mean the same thing, except one is slightly more cynical in tone.

So I guess in conclusion, life is just a completely meaningless experience that you either enjoy or don't enjoy depending on a bunch of arbitrary luck factors that you have absolutely no control of - and that everything and anything you do is just a complete waste of time. ;)

### **Best Response**

1. When I was younger I had many jobs that consisted of washing dishes. It's not exactly a meaningful job, but heck, I had fun doing it and I was good at it. At the end of the day there was a feeling of accomplishment, and that was meaningful to me. It felt like I was a part of something bigger than me, a working cog in society. But sadly, I could never fit in with the rest of my coworkers. No matter where I worked there was always a majority of people who looked down at me, insulted me and despised me. Slowly the insults took a toll on me. When I took some perspective on things, I realized the society of which I was a part of was rejecting me, didn't even want me to contribute regardless of my performance. Well they got their wish. I'm now living in the margins, depressed, and diagnosed a paranoid schizo. They won. Fuck this world.

2. This is why I'm always cautious when someone uses the words 'need' and 'should'. Words like that imply some end goal, but if someone doesn't know what my desires or goals are, or if I don't have the same desires or goals as someone, then words like that have no utility.

People always tell me, you need to get out of the house; you should come out with us...all I think is, if it's a need, what is the consequence of not doing so? I need to get out more, in order to??? I need friends so I can???

Don't get me wrong, I understand that everyone assumes we all have the same end goals, but we don't all want the same things in life, some of us don't even want to live.

## **Honesty, what is the counterargument against Antinatalism?**

What they say boils down to life is good because I believe so. I want to make myself and others happy, thus I should create a child. I choose to be happy. It's worth the risk. This is just simply an opinion.

What real tangible facts do they have to support that claim? I can give you tons of real facts about how vile and cruel life is, but despite those facts they will still claim life is wonderful and worth living simply because they themselves are not tarnished by that evil. Like Benetar states, "even the most comfortable lives aren't all that good." Yes, life can be good and people can find it worthwhile, but what about the people who don't? Are we simply defective people? Because our reality, our truth, isn't just based solely on personal experience or opinionated, delusional hope. It's based upon well-reasoned arguments and cold harsh facts.

We tend to take into account the totality of reality, the good and the bad. We can see how disproportionate the scale of suffering and non-suffering is. But natalists simply see the suffering and turn a blind eye to it. Or even if they acknowledge its evil they believe that evil is necessary for the people that are happy. I'm expected to accept that? While people like me and many others suffer the burden of existence I'm supposed to abide by their rules because it's their world essentially? It's ridiculous. I'm not an idiot. I probably could never influence the world in a meaningful way that changes it for the better; however I have a duty to myself to not fall for this deception and bondage. To simply believe life is good and be happy. I don't try to force myself into being happy or devoid of reason. Because that's bullshit. It's not real it's an illusion.

## **Empathy is dead**

Empathy seems to be less of a thing to be valued among other humans. I'm constantly spoon-fed humans care about one another but people around me tear each other down. Everyone has to be right. Everything is a pissing competition. Narcissists, sociopaths and psychopaths seem to be valued more and more and seem to hold higher forms of status. Even those types of people seem to be formed from the lack of empathy people gave them. No one wants to try and understand why someone may be feeling or thinking the way they do. Heck, I even get caught up in these silly "your opinion is wrong" type conversations. This is kind of a broad generalization, but I see the world heading more and more this direction. A lot of people just seem apathetic of each other. Listening as a skill seems to be rarer as well. I feel I'm going to be fully sucked in the coldness of the world and fully lose my empathy in the process.



### Best Response

Yes. Empathy used to be one of the drivers of most mainstream religions (note: I am atheist), and yet today people use the religious card in order to gain point in the *I am a good person* game, but don't act like the overall philosophies of their Religion, case in point no Empathy.

Empathy is a cute little thing that is showcased here and there in movies and TV, something to watch and makes people feel better, but it's not practiced.

The solution? There's no solution. There's just you, and me, and our individual life, to each of us to live it according to our philosophy and standards. Want to have Empathy? Do it. Want to do something good and nice for someone else? Do it in private or - better - anonymously, then just move on.

### **I played peek-a-boo with a random child in a stroller on the bus today.**

I was sitting there, subdued by my usual cynicism, wondering when a large asteroid is going to strike... when all of a sudden my eyes met that of a child who was staring at me with a blank stare; his head lurched back against the stroller's headrest.

I began to smile, and so did he. Then I made a few playful faces at him and he started giggling in excitement. Then I ducked out of view and played peek-a-boo a few times with him. Sure enough, he would peer over the edge with a smile and try to find me. Then I jumped up and scared him. His laughter was brimming with genuine enthusiasm and joy.

I clapped and said... "Good job!!" and he watched my hands and then duplicated the action. Both of us started laughing.

Where was the mother during all this? Just sitting there, not even taking notice of these events and neglecting her child's achievements, absorbed in the contents of her phone - probably looking for her next booty call so she can get pregnant and be irresponsible all over again.

As I waved and said "bye bye" to him when I reached my stop, he just kept clapping and smiling. I left the bus with a feeling of tremendous energy, invigoration and happiness.....only for complete despair and depression to set in seconds later. Although I had a great time, the reinforced feelings of a child's innocence being tarnished in the years to come as he bears witness to society's half-truths, suddenly made me VERY depressed, irritable and miserable. To have a neglectful parent, evidenced at least in part by this small encounter, made me realize that problems are on the horizon for this little boy. Honest and innocent actions will be replaced by a politically correct filter as he gets older. He will be forced to do so, or he will suffer. I knew this already, but the thought of this - at this very precise moment in time - became more unbearable than I ever would have imagined.

Misanthropy is an enlightening AND dangerous game at the same time. After you go so far down the rabbit hole, there's no "unlearning" the truth to human civilization. We are born, we fulfill our self-interests for as long as possible, and then we die.... ALONE. No amount of peek-a-boo can prep a child for that. By participating in it, I am already a huge part of the problem for lying to him...and I hate myself for it.

## **Did anyone else become apathetic after becoming a misanthrope?**

I used to be a really motivated kid, I wanted to get a degree, a job, a nice car, live abroad and all that shit. I used to care about the environment, the ozone layer, and the animals. But after realizing how shitty humanity is I gave up on all that, no matter how much I try people will still only care about themselves. No one cares about recycling trash, no one cares about the melting ice caps in Earth's poles, no one cares about shit, so why should I? It's like trying to dry the ocean with a paper towel. Since that I stopped trying to make friends and socialize, people are always trying to fuck you over anyways so I'm better off alone. It's like I'm unable to feel emotions, I don't care about anything, I don't even read the news anymore because it's always the same thing, some conflict in Africa because of territory or religion, political scandals and mass shootings. Humanity will destroy itself in no time and I'm glad of that, it's the only way of stopping the virus from reproducing.

## **When I see a human...**

When I see one of them, a human, I say to myself that I am witnessing the single worst Mistake that this earth has produced. I see a needy, wanting, appalling thing. I watch them, the upright imps, wander about under the sun with oblivious or mad expressions, babbling to invisible deities or plotting amongst each other. They are attached, quite parasitically, to the environment, and continuously corrupt their own habitat. I observe their disgusting urge to copulate, to pair, swap spit and mate, and how they'll succeed only to later let it degenerate to betrayal and violence; all so they may free themselves to go lay with others.

I see the myriad configurations of pettiness, avarice, pride, duplicity, and promiscuity that are equal in their vileness. Man, grubby and skulking about, scampers home to his makeshift huts assembled from material he dragged from the forests. There, in his foul parlor, he knits elaborate schemes of how to manipulate and expand his lot further. His goal: to adorn his bastard offspring so they may continue his family's legacy of wanting, theft, cruelty, and stupidity amongst other competing tribes and families.

I see the stables and farms he has constructed, taming the "animals" as he calls them—creatures far less savage than he but has deemed inferior beasts—where they suffer pathetically in their stalls and cages. He submits these unfortunate creatures to the worst of his schemes for no other reasons but because he can, and that their fruits please him. He raises them to rob them of all they have (and ever will have): their meat and fur.

Ultimately, I see in the sight of a single human face the most abominable, cleverly disguised demon imaginable. I am dumbfounded and aghast at his prosperity and dangerous behavior in this world, polluting the waters, poisoning the air, and eradicating his earthly cohabitants with a blazing, terrifying rapacity.

Despite so much devastation and destruction, it is little solace to know that these terrible monsters do actually feel pain and eventually die. *Every* casualty is something to cheer, particularly when pestilence, disease or internal tribal war sets their numbers back. It is incredible to see how even the natural world tires of the population, threatening them with rising seas and temperatures that may drown and smother them all. One can only hope for mass flooding, for ferocious winds, for devastating conflagrations that crush man's spirit and pummel him into a whimpering submission.

It's then, finally then, that the earth will be free to start again, to reclaim man's ashes and bones from the fires to reshape itself back to a pure tranquility, fully erasing beneath the sands its own regrettable Mistake.

## **I don't understand how people can be happy**

This world is a fucked up place, I can't look at this species and see anything but greed and selfishness. This is a fucking disgusting rat race, people are proud of being slaves of capitalism and having more material possessions that add nothing to their empty lives. Yet some people seem to be happy, I've come across some people that actually enjoy living, when I was in high school there was this girl that said "life is beautiful", I couldn't understand how. Maybe it's because she is a cute girl so she is playing life on "easy mode" and had never been verbally abused a single time in her life. But what make me really angry are childish adults, those ones that act like idiots and make stupid jokes not even a real child would laugh, how can people live in this shitty world and not want to blast their head off with a shotgun? It's like everyone is blind. I don't know what's worse, be able to see the evil in humanity or being ignorant like every other idiot yet enjoy their meaningless existence.

## **How the mind of a typical human being works (part 1)**

Two people, one white, and one black, both see a news story entitled "Police officer shoots black person."

The white and black persons who see this news title each have different histories. The white person used to:

1. Live near a black neighborhood in which there was large amount of poverty, crime and drug use. Often the perpetrators were blacks.
2. During school he had a black female teacher who often talked about historical racism and slavery in a way which seemed to present all whites as guilty and all blacks as innocent victims. He felt that this was personally demeaning and seemed to imply that he was somehow a bad person, or at least should feel guilty, just for being born white.
3. He found that complaining about the crimes of the black neighborhood was a taboo subject that could lead to perceptions of being racist.

The black person used to:

1. Live in a white town in which he noticed people treated him differently than other white kids. If he entered a store, for example, security guards were more likely to follow him or watch him carefully, as if they expected him to steal. This made him feel "dirty".
2. At school he found that he often had his grades marked down by white teachers even if he wrote better essays than fellow white students. He also found that when he did something wrong, he would get into far deeper trouble for it than if a white student did the same thing.
3. As he grew older, his friends were primarily white. Some of them would make black jokes and use the "n word", but he was shy to speak up about this as he felt he would be perceived as being "stiff" and unable to take a joke.
4. He often heard of stories in which unarmed black kids were shot by unprovoked police officers, and while police brutality happened to white people too, the main victims seemed to be black.

So, the black and white person both sees the news title: "Police officer shoots black person."

Immediately their minds rush to different conclusions. The white person thinks that the black person had probably committed a crime and the officer was doing his duty. The black person assumes that the police officer was probably motivated by racism and the black person had probably done nothing wrong other than to be black.

The black person, feeling very offended at the news article, leaves a comment in the comments section: “Society really has to do something about all this racism.”

The white person sees the comment thinks, “This commenter refuses to acknowledge any crime when that crime is committed by black people. Instead they just defend them in an attempt to seem politically correct...” he remembers how his teacher made him feel guilty for being white and how he was the victim of crime in his neighborhood. The comment feels as if it were personally directed at him to blame him and undermine all of his experiences. He writes an angry comment in response voicing his thoughts. “You are a typical example of someone who refuses to acknowledge that blacks could possibly commit a crime, just because they’re black. They should stop blaming society for their problems.”

The black person sees the response and feels personally insulted: they remember how inferior they were made to feel and the depression that came from their negative experiences. The response seems to brush all that aside like it’s nothing; and to make things worse the responder is doing what everyone seems to do: assume that the black person who got killed had probably done something to deserve it just because he was black.

The black person makes a furious response and both commenters get into an argument. Each one accuses the other of being narrow-minded and moronic; each one links to statistics to prove that they are in the right; each one accuses the other of not bothering to “look at the evidence” and of being intellectually dishonest; eventually it descends into angry name-calling and both end up quitting in a huff. Each one is fully convinced that they were in the right and each one is convinced that they’ve been unfairly treated.

As it turns out, neither one actually bothered to read the article beyond the title: the black person in the news story was indeed a criminal but the police officer who shot him, was himself black. Had either of them *bothered to look* there might have been no argument to begin with.

Unknowingly, both arguers had argued with emotion and assumption rather than logic... Yet both commenters rationalized their personal emotions afterwards and *felt* that they were being logical. Their entire discussion had very little, if anything, to do with the facts of the case, and everything to do with their personal experiences. Each one misunderstood the other and each one made assumptions about what the other was really saying and why they said it.

Yet, imagine the black person and the white person had been born in different areas where they had known different experiences? Or imagine they had each been born as each other’s skin color? Their conclusions would not only be very different but they might have found themselves arguing on the opposing side. They were both made slaves by their personal experiences, which manipulated them into thinking a certain way.

The exact same basis on which the white person and black person argued, is the same basis on which everyone argues. Whether it’s an argument between a feminist vs. a chauvinist or a Christian vs. a Muslim or a communist vs. a capitalist the principles are always the same.

All philosophies have a miniature degree of truth to them but the basic facts of a case have illusions built up around them in such a way as to give a vastly different picture. They are mainly based on a mixture of emotion, assumption, guesswork, join-the-dots logic and personal preference. All people believe that they are rational, but the truth is that all of their beliefs are made up of these ingredients. Of these ingredients, the most dominant one in any belief is *personal preference*. Of these ingredients, the ingredient that comes last is “rationality”. In other words people believe what they choose to believe based on their personal preference, *and only afterwards do they rationalize it*.

The same emotion-fuelled irrationality that the white and black people showed in the above argument becomes expressed on a larger scale in the philosophies and belief systems that humans develop. These belief systems are then presented as absolute, unquestionable, scientifically proven fact. They are then stated boldly, asserted

forcefully, the same old tired slogans get repeated loudly, and all this is used to bludgeon people into acceptance. These belief systems then lead to various political causes about “rights”. “Rights” this and “rights” that... "rights" here and "rights" there... and always in the name of goodness, fairness and morality... Those moralities are then bought and sold in the "ideals market" by varying politicians to further whatever goal.

There is also an undermining force of human malevolence and spite that empowers their simple beliefs and philosophies. Human philosophy has a tendency to divide people into "goodies" and "baddies". Examples:

1. Feminism: Women = good, "patriarchy" = bad.
2. Islam: Believers = good, disbelievers = bad.
3. Communism: communists = good, capitalists = bad.

... and so on. In all cases the proponent of whatever branch of thought is of course morally superior to their brainwashed opponents.

... But it's all just smoke and mirrors. It's illusions trapped within illusions trapped within illusions...

We thus see that humans are primitive, stupid creatures, scarcely able to reason above the reasoning of an ape... and human society is really just a jungle. Humans are also instinctively divisive and tribal...

This has been a commentary on human Assumption. It's a draft, and not yet polished, and doesn't drive home the points I want to make as accurately as I would like. If I write again the next commentary will be about human Dishonesty, about how secret, selfish motivations are the main cause of people's beliefs.

The two most self-evident facts of human belief systems are:

1. Assumption
2. Dishonesty

The two most self-evident facts about humans are:

1. They're stupid.
2. They're dishonest.

The two things most people believe about themselves are:

1. They're honest
2. They're wonderful

*“It is no measure of health to be well adjusted to a profoundly sick society.”*

*Jiddu Krishnamurti*

## **A prenatal conversation with parents.**

**Parents:** Congratulations, little boy or girl! You're going to exist!

**Embryo:** Oooh, what does that entail?

**Parents:** So many things! You're going to be sentient, first of all. You will experience pleasure and pain. You will feel a wide variety of emotions, some of which will be augmented by your human intelligence!

**Embryo:** That sounds complicated.

**Parents:** It will be! The human experience is such a complex one, due to our high intelligence combined with our primitive instincts! We are probably the only creatures on the planet that have existential woes!

**Embryo:** ....

**Parents:** In fact, we're creating you to help alleviate some of our existential woes! You will make us feel immortal and significant in the universe, even though we're not. You will give us a illusory sense of purpose in life!

**Embryo:** Gee, parents, I'm not sure I like the sound of existence. Do you think you could just abort me?

**Dad:** Tough shit, kid. We want a baby.

**Mom:** God wants us to choose life!

**Embryo:** God?

**Parents:** God is one of our many coping mechanisms. You'll need some of your own to deal with how incompatible the universe is with human needs. We also use positive thinking, distractions, and logical fallacies such as the just world hypothesis.

**Embryo:** Please, I don't want this!

**Parents:** Your animal instincts will take care of that after you're born. You'll want to live even if you're miserable. Suicide will be extremely difficult to carry out even if you're in constant agony.

**Embryo:** Holyshitholyshitholyshit! Abort mission! Abort mission!

**Mom:** There are puppies here. You'll like them.

**Dad:** And rainbows.

**Mom:** We have your life almost entirely planned out for you; we just need to figure out your sex.

**Dad:** You will have a gender identity that matches your sex, and you will marry someone of the opposite sex and reproduce with them so that this cycle of madness may continue for eons.

**Mom:** You will have our political beliefs and religious beliefs.

**Dad:** You will need to have a high-paying job to survive our country's economic climate. You're going to be in school for a very loooooong time.

**Embryo:** School?

**Parents:** So you can work for the rest of your life!

**Embryo:** Look, this isn't right. You wouldn't make a decision this major for someone who already exists, would you?

**Parents:** But you don't exist yet. That makes it a-okay.

**Embryo:** This is so pointlessly selfish!

**Mom:** No, not having kids is selfish. That's what people say, for some reason.

**Dad:** Stop being a baby!

**Embryo:** I haven't even started yet...

**Parents:** Life will be pretty fun while you're still little and cute. Look forward to that.

**Embryo:** How long will I not be little and cute?

**Parents:** For most of your life.

**Embryo:** What am I going to spend my life doing, besides what you planned out for me?

**Parents:** We can't tell you exactly, but you will basically pursue pleasure and avoid suffering.

**Embryo:** Every day for my entire life?

**Parents:** Yes! You must always be doing something to maintain an emotional homeostasis! You will be a reaction machine! You will be pulled by the puppet strings of your physical and emotional needs!

**Embryo:** Whyyyyyyyyy?!

**Parents:** Life is beautiful!

**Embryo:** I already disagree!

**Parents:** Stop being a pessimist. Remember what we said about positive thinking?

**Embryo:** This is insane! This is so pointless!

**Parents:** If you hate life so much, you're just going to die anyway.

**Embryo:** .....

## **How the mind of a typical human being works. The final part: All humans, without exception, are sadists.**

One of the latest "rights" that is being bludgeoned around these days is "fat rights", which seeks to stop "fat shaming", "fat hate" and "thin privilege". Imagine a starving child from Africa who witnessed his parents die from hunger arrives in America, and sees a gigantic obese woman leave a store holding a large, messy burger. The woman is interviewed and talks about how difficult life is for her because people look down on her for being so fat, when instead they should accept her as the beautiful person she is. She claims that thin people have no idea how hard it is to be fat. What would go through that child's mind...?

The truth is, **all humans are sadists**.

So far I've tried to prove that:

1. All humans are subject to a level of stupidity that makes them slaves to their experiences and surroundings.
2. Humans believe that rationality, questioning, and coming to conclusions based on interpretation of facts results in believing something. In truth it is the opposite: human's personal desires are what create their belief and the rationalizations only come afterwards.
3. All human philosophy is designed to *narrow the mind* rather than open it. This is done as a human self-defense mechanism to protect them against the threat of becoming honest.

I'm now going to try and prove that all humans are sadistic.

"What," you ask, "*all* humans? But there are plenty of nice people in the world... What about all those not-for-profit charity organizations?"

To which I answer: "Yes, *all* humans, with the exception of babies and possibly very young children."

1. Humans believe about themselves that they want to end wars. Humanity as a whole doesn't want to. Wars, after all, demonstrate the godlike power of a mighty nation over a weaker one whilst presenting its soldiers and its citizens as heroes who are the embodiment of justice...
2. Humanity believes about itself that it wants to end poverty. In reality it doesn't, which is why every country in the world has a percentage of homelessness- except communistic countries that really just have a large percentage of government slaves.
3. Humanity is full of ideals about world peace... in reality world peace would be the worst thing that could ever happen. International governments would cooperate more effectively to spy on and rule over their citizens, and the next time the government held the latest scapegoat up to redirect public outrage those scapegoats might find themselves the victims not just of their country and their society but perhaps the entire world... with nowhere to flee to as refugees.

That humanity as a whole is sadistic, dangerous and evil is self-revealing and obvious. What is harder to do is break down the link between what the human species does and how the human individual creates that situation while wanting to distance themselves from it, but while *actually desiring that bad situation*- in other words to argue that every individual is sadistic.

After all only a minority of humans take open pride in the fact that they're sadists. Even when the Nazis executed or tortured Jewish prisoners there was always distance. The one who ordered the execution would send a letter and never see the victim himself, while the torturer or executioner could excuse himself as he was "just following orders". It's not his fault, right...? In which case whose fault is it? Is it Hitler's? And yet who voted him into power? How many followed and served him loyally? Was everyone just "tricked" into



committing World War 2 and really no-one wanted to kill or harm anyone? Whenever terrible things are committed no one seems to want to take any responsibility for them! Let alone admit that they're doing an evil act- no, it's always a "just" or a "necessary" act... But wait. Isn't a sadist someone who derives pleasure from purposefully causing another's harm? If humans don't like to admit to themselves that they cause pain, doesn't that mean that they aren't sadists? ... Well, like the fat woman in front of the African child, presenting themselves as good, moral and wonderful to the point they truly believe it, is actually where a large part of their sadism lies!

### First thing's first

First it must be understood that there are different levels of human consciousness.

1. Fully conscious: you're aware of what you're doing and why you're doing it. An example might be looking at a math equation and then trying to solve it.
2. Vaguely conscious: you're aware you're doing something but at the same time you are unaware. Awareness and unawareness have blended together to create a between-state of consciousness. Example: driving a car to work every day. Things become so routine that you may only be vaguely aware that you're turning at the traffic light as you daydream about something else and before you know it you're where you need to be. The time seemed to pass so quickly! Where did it all go?
3. Sub-conscious: when humans have strange habits or emotions that come to them for a reason they don't understand this often comes from the sub-conscious realm. An example of this might be developing an irrational fear of something because of a negative experience suffered as a child. The experience itself might have been forgotten about but the fear remains. The memory of that negative experience is "sub-conscious" and the irrational fear is the result.

All these stages of consciousness blend into each other constantly. For example you might be reading this, aware of what's being said, less aware that you're sitting in front of a computer as you read it, and still less aware of the fact that it's eg. raining outside. Yet at the same time you "know" all of these facts completely.

Another fact about humans is that they are self-contradictory. Often what they believe consciously is different to what they believe unconsciously. Here is an example:

People believe that if you wear a white coat in the right setting then this makes you intelligent and to some degree trustworthy. Why do you think all those tooth paste and shampoo advertisements feature a figure in a white lab coat talking about this particular brand is verified by dentists or scientists or whoever else to be superior because it contains X chemical? Who is this man? Does he know anything about toothpaste? Why does he seem so cheerful? Why does he seem to put so much trust in this particular manufacturer? Why should we trust him? We have no idea but somehow the sales of that toothpaste or shampoo will increase. Companies know that if they put a miserable, toothless hobo with flies buzzing around his head on screen to talk about how great their toothpaste is it probably won't be responded to that well. Why not?

*Rationally* any human can tell you that clothes don't have any bearing on whether you're trustworthy or not, whether you're smart or not. But their behavior, their reactions, and their responses are all done **as if they believed the exact opposite to be true**. There is a subconscious association in their minds that says: "white coat = smart."

It is these psychological laws that everyone from companies, governments, political campaigners and propaganda organizations right down to *pick-up artists* seek to discover, exploit, and take advantage of. Put bluntly, people want to take advantage of other people's stupidity by figuring out what makes them so stupid.

Did you know that after the movie "American Sniper" was released there was a drastic increase in anti-Muslim violence? Whatever the logical reasons and qualms for this violence, the fact of the matter is that many people were largely influenced by made-up images presented to them from a *fantasy world*.

*Fantasy* is one of the prime motivators of human actions and human interpretation. The entire world *thrives* on fantasy. When one person's fantasy contradicts another person's fantasy they get into an argument about whose fantasy is correct. The human mind is so weak and fickle that if you create the right fantasy for someone, you can make them do anything. (The charismatic serial killer types specialize in this. On a larger scale propaganda organizations specialize in it.)

Fantasies, just like moralities, are bought and sold- sometimes for money by politicians and others behind the scenes but sometimes for less obvious currency, such as popularity or social acceptance or justifications for whatever cause. For example, did you know that when slavery was legal, science had proven, without a doubt, that black people were inferior to "the white man"? The evidence was based, among other things, on the shape of their skulls.

Yet, after the civil war when slavery was made illegal, suddenly the former science was dismissed as "pseudo-science" and instead everyone was equal regardless of color. Yet, only a few years before and the science that said "everyone is equal" would have been the pseudo-science.

Yet, even today people delude themselves that they "want the facts"... but do they really? Imagine it was true that there was something inherent to black people that made them stupid, or at least less intelligent than whites? What black scientist would accept this? No matter how much the black scientist says he is interested in the "facts" and that his interests are in the "truth", even if it were proven before his eyes he would only become angry and offended and then dismiss it, or perhaps work to try and find evidence that proved otherwise- that proved something he was more comfortable with. If the situation were reversed any white or Asian scientist would react the same way. But at this point they would be doing what everyone does: looking for the "facts" to prove what they *already want to believe*.

The point is no-one wants to believe something that goes against their deeply cherished notions and so, regardless of the facts, they will put up resistance, sometimes even desperate resistance, against believing it. If they're disproved they will only dismiss and then forget about it- or perhaps feel victimized and become angry.

Like a mother that refuses to accept her son could possibly be a rapist and a murderer even after multiple witnesses have said so, humans *believe* they want to know the truth but they don't. They just want what makes them comfortable and want to protect their silly, cherished ideals... whatever those are.

The truth is: **humans do not know what they want**. This is why the black scientist who believes he wants "the facts" would never accept "the facts" if they proved that he was stupid. He *believes* he wants "the facts" but actually what he wants is *for the facts to conform to his views so that he can believe that he wants the facts*.

Humans, like that scientist, believe they want to be good people and also want a fair society. In reality they don't. What they want is to be selfish people while *believing themselves to be good people* and what they want is a *sadistic society*.

### **Everyone indulges in sadism.**

Sadomasochism is one of the most popular fetishes worldwide... why? The answer is simple: it's just the typical human attitude being expressed through their sexuality. Horror movies (often really just gore flicks) are designed to evoke shock and invent interesting ways for people to die. Why are they so popular? It's no more than humans indulging in imagined sadism for their entertainment. Where does the saying "don't worry because someone always has it worse than you" come from? Why should the fact that someone else is miserable make

*you* happy? Why should someone else's pain be the cause of *your* comfort? Because deep down humans *need* to have someone to stamp all over. Humans have a deep, insatiable craving for it. Like a dog with its tongue loll out, dripping with saliva, as it pants in eagerness expecting to be fed its gruesome meat, so humans, like mad beasts, rush to eat up each other's hearts, drink in their misery, and stamp their brains down into the pavement until their victims are empty and broken.

It is also true that humans have other cravings- there is the craving to indulge in kindness so that they can feel good about themselves; there is the craving to give affection and to be loved... much like an animal that naturally wants to enjoy its offspring. Humans love to indulge in all kinds of emotions and crowds of people can be swayed one way or another: swayed into cheering with delirious joy after being told how special they all are; swayed into long moans of sympathy ("awww...") after being fed the right sob story (so long as it doesn't paint them as the bad guys); swayed into anger and even violence if an unpopular figure stands up and says something they don't like... Humans are emotional, sentimental creatures and they are ruled by those emotions. If any particular emotion becomes too strong for them they become illogical- illogical from love to the point they fall back into someone's arms even though they "know it's a bad idea"; illogical from fear to the point they would be willing to do *anything* to *anyone* to escape it; illogical from rage to the point they would murder those they claim to cherish the most deeply; illogical from despair...

Humans love to give public displays of how good, sensitive, kind and affectionate they are, whether it's the teenage girl on Facebook publicly posting about how she misses her "bbf" every month all the while she *uses her friend's death* to bring attention and sympathy to herself... all the while the commenters *love* to be able to say "Awww! You're such a strong, brave person!" or whether it's hundreds or thousands of people forming marches to protest someone's death while they ignore another person's death because it doesn't fit their political narrative... Humans *love* to indulge in emotion but more often than not this indulgence is purely self-interested.

... But the sadism is always there, even if humans band together to fulfill their natural need for love or friendship or survival. In those cases the sadism is just redirected at some other group.

There is nothing humans hate more than to see other people happy. Whether it's the company employee who hates to see someone else get a promotion that they "didn't deserve" or whether it's a family who hates the fact that their neighbors can afford to go on better holidays and more frequently; or whether it's the love-starved individual who finds their heart brims with spiteful jealousy whenever they see a couple. An interesting characteristic of humans is that they don't realize just how much other people hate them!

Humans have within them a deep, foreboding rage and a lust for pain. All it takes is the right circumstance to draw it out. How many people on the Internet will try and encourage others to commit suicide, because they themselves are utterly miserable? How many become child molesters and rapists because they themselves were victimized, and so they go on to abuse children as part of their revenge? If you were given the power to kill anyone you wanted just by *willing them dead*, how many humans would make use of that power? If the government or the police force collapsed tomorrow, suddenly you would be completely free: you can do anything you want with no consequences. How many good, decent, normal, friendly people would suddenly become robbers, murderers, rapists... how many people would be good at first but as they witness crime all around them, would fall into it themselves? ... and then when a new government finally takes control they look back in horror at what they did and realize that they're monsters after all?

Police forces and law courts are just something humans invented because they know that without the fear of punishment, the general populace would tear itself apart. Humanity recognizes the need for a higher power to bully and subjugate its subordinates into submission, as a self-defense mechanism so that humanity doesn't destroy itself...

What keeps humans in check is the natural joy they find in being "good", natural repulsion and guilt at the idea of being evil, and the fear of consequence. But that yearning for sadism, that thirst for other people's

hopelessness and despair is still there, just below the surface... For this reason it becomes necessary to invent ways to be sadistic while not having to admit to it or take responsibility for it. In fact providing people with this is one of the real reasons governments exist.

A common technique for achieving this is "refusal to acknowledge". Perhaps a man is fired from his job, he searches for work but for one reason or another no-one wants to hire, and so he must rely on welfare or go homeless. All the people in affluent jobs hate him for this and state that he should "get a job!"; he's just "not trying hard enough"; he's "leeching off of their tax-payer's money" and therefore has effectively offended all of the rest of society *on purpose*. The man finally finds a good job and about the same time one of the people living affluent lives gets fired. The first man, in his new job, begins to adopt the values of the affluent while the second man, the new welfare recipient sees himself as the victim. It's unfair that no-one hires him and the government should be doing more to help him find work... meanwhile everyone says: "take responsibility for yourself! Stop blaming *society* for *your problems*!"

The entire capitalist system was *designed* to enable sadism while also allowing humans to pretend they are not being sadistic...

The "refusal to acknowledge" manifests itself in all kinds of ways.

In the end, all humans are sadistic. The only difference between one individual and another is in what way or ways that sadism manifests itself and to what to degree, and whether they admit it or not. However humans are also hypocrites. They become oh-so-morally indignant, even shocked or tearful when:

1. Someone is more sadistic than they are, or indulges in sadism in a different way to which they do themselves.
2. Sometimes, when someone is sadistic in *exactly* the same way they are.
3. Sometimes there is even cause for moral outrage when someone is not being sadistic *enough*.

This sadism is harder to place in specific individuals but as humanity gets together it becomes more startling and obvious... it is much like how a gas in the air might be so thin that no one can see it or smell it, but as more and more gas filters into the room it becomes thicker and easier to detect. Since humanity inevitably does terrible things, where does that yearning to create terror come from? Do you really believe people are "basically just good"? Their sadism is like puss trapped and hidden in a filthy boil, but still very much there and still full of germs. Prod that boil right and the puss will leak out.

Humanity is arguably not only sadistic, but *masochistic*, and actually suicidal- to the point that there's a good chance that humans will nuke each other off the face of the earth.

We tell ourselves all kinds of things to help us sleep better at night. We use distancing language and call people animals or monsters. We just can't handle the idea that these people are made from the same flesh as you and I. Maybe it's easier to think you're safe if it's only the monsters and animals you need to be aware of, but that all comes crashing down once something does happen and you're forced to deal with the fact that you didn't identify the not-as-human-as-you so maybe you're not safe when you think you are. People will blame wars and atrocities on religion, ideologies, TV violence, violent video games, and all kinds of things, but the only common factor is humanity.

I worked for a company that transcribed police interviews for a while after finishing school. I didn't usually have much to do with the actual transcription, but when they were busy I'd sometimes proofread. I remember one time I proofread the interview with a 3 or 4 year old girl. Hearing in her voice how she was unable to fully comprehend what had been done to her was heartbreaking, though it was probably the only positive in the whole situation. Later that day I proofread the interview with her father. He was pretty disgusted with himself, but he wasn't deeply mentally ill. He was just extremely angry at the girl's mother over the divorce or whatever it was they were fighting about and that was the way he could most hurt the mother. No rhyme. No reason. Just humanity. For all our progress we're still circling the toilet bowl.

## **Regards**

r/Antinatalism  
r/Misanthropy  
r/SanctionedSuicide  
r/LifeHate  
r/Nihilism  
r/Antiwork  
r.Askreddit  
r/Depression